



## Woodinville Sports Club: Fitness Class & Pickle Ball Fall Schedule 2020

Starting January 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM							
8:30AM	Dynamic Stretching 8:30-9:30		Dynamic Stretching 8:30-9:30		Step 8:30-9:30	Step and Sculpt 8:30-9:45	Barre 8:30-9:30
8:30AM Studio 1		Cycle 8:30-9:30		Cycle 8:30-9:30			
9:00AM		Pickleball 9:00-12:00		Pickleball 9:00-12:00			Pickleball 9:00-12:00
9:30AM	Step 9:30-10:30	Zumba 9:30-10:30	Body Conditioning 9:30-10:30		Rizzmic 9:30-10:30		
10:30AM		Flow Yoga 10:30-11:30		Flow Yoga 10:30-11:30		Flow Yoga 10:00-11:00	
11:30AM							
12:00PM		BreakThru 12:00-1:00		BreakThru 12:00-1:00			
3:00PM						Pickleball 3:00-6:00	
5:00PM							
5:30PM		Step 5:30-6:30					
5:30PM Studio 1	Cycle 5:30-6:30		Cycle 5:30-6:30	Step 5:30-6:30			
6:30PM	Flow Yoga 6:30-7:30	Body Conditioning 6:30-7:30	Flow Yoga 6:30-7:30	Body Conditioning 6:30-7:30			
7:00PM			Pickleball 7:00-10:00				
7:30PM			Zumba 7:30-8:30		Pickleball 7:45-11		



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