



18100 St John Dr.
Group Fitness Class Schedule

Hours: Mon-Thur 6 am.- 8 pm.
 Fri 6 am.- 7 pm.
 Sat 7 am. - 12 pm.
 (281)523-3028

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 am		8:00 - 9:00 am		8:00 - 9:00 am		
Low Impact Aerobics		Low Impact Aerobics		Low Impact Aerobics		
	8:15 - 9:15 am		8:15 - 9:15 am			
	Body Sculpt		Stability Ball			
9:15- 10:15 am	9:15 - 10:15 am	9:15- 10:15 am	9:15 - 10:15 am	9:15- 10:15 am		
Low Impact Aerobics	Pilates	Low Impact Aerobics	Yoga	Low Impact Aerobics		
10:15 - 11:00 am		10:15 - 11:00 am		10:15 - 11:00 am		
Stretching		Stretching		Stretching		
			3:30 - 4:30 pm			
			Yoga			
	5:00 - 5:30 pm		5:00 - 5:30 pm			
	Step		Step			
5:15 - 6:15 pm		5:15 - 6:15 pm				
Yoga		Yoga				
	5:30- 6:30 pm		5:30- 6:30pm			
	Build-A-Body		Build-A-Body			