

15327 140th PI NE
 Woodinville, WA 98072

Gold Creek Tennis & Sports Club

Group Exercise Schedule

CLUB HOURS
 Monday-Friday 5:30 AM-10:00 PM
 Saturday-Sunday 7:30 AM-9:00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00am Power Yoga (Lida)		8:00am Power Yoga (Lida)		8:00am HIIT (Sara)	
						8:30am Cardio Conditioning Corkey
	9:15am HIIT (Sara)	9:00am Cycle (Sara)	9:15am HIIT (Sara)	9:00am Cycle (Sara)	9:30 Zumba (Michele)	
		10:15am Flow Yoga (Kris)		10:15am Flow Yoga (Kris)		10:00am Flow Yoga (Kris)
	12:00pm Lunch Crunch (Sara)		12:00pm Lunch Crunch (Sara)		12:00pm Lunch Crunch (Sara)	
	5:15pm Cycle (Sara)		5:15pm Cycle (Sara)			
		5:30pm Cardio Conditioning (Corkey)		5:30pm Cardio Conditioning (Corkey)		
		6:00pm Gym Fit (Howard)				
	6:15pm Flow Yoga (Kris)		6:15pm Flow Yoga (Kris)			
		6:40pm HIIT (Sara)		6:40pm HIIT (Sara)		