



SEPTEMBER 2018 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:00am Basketball Court Karin	YOGA 9:00am Studio Maria	YOGA 9:00am Studio Maria	ZUMBA SENTAO® 9:00am Basketball Court Claudia	ZUMBA® 9:30am Basketball Court Alejandra	BOOT CAMP 9:00am Basketball Court Claudia	ZUMBA® (Family) 2:00pm Studio/Ballroom Estevan
YOGA 10:00am Studio Maria	ZUMBA® 9:00am Basketball Court Karin	ZUMBA® 9:30am Basketball Court Alejandra	ZUMBA® 10:00am Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Claudia	ZUMBA® (Family) 10:00am Basketball Court Claudia	
ZUMBA® (Family) 10:00am Basketball Court Alejandra	ZUMBA® (Family) 10:00am Basketball Court Alejandra	CARDIO MIX 10:30am Basketball Court Alejandra	STEP 10:00am Ballroom Karin			
	CARDIO BOXING 11:00am Punching Bags Claudia CLASS LIMIT: 14	BOOT CAMP 11:30am Basketball Court Karin	H.I.I.T High Intensity Interval Training 11:00am Basketball Court Karin			

ZUMBA® (Family) 6:00pm Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Alejandra	H.I.I.T High Intensity Interval Training 6:00pm Basketball Court Karin
YOGA 6:00pm Studio Maria	STEP 6:00pm Ballroom Karin	YOGA (Family) 6:00pm Studio Maria	ZUMBA® (Family) 7:00pm Basketball Court Estevan
ZUMBA® (Family) 7:00pm Basketball Court Estevan	ZUMBA KIDS® 6:15pm Studio Claudia	POUND® 6:15pm-7:00pm Ballroom Karin	
KICKBOXING 7:00pm Ballroom Alejandra	ZUMBA® (Family) 7:00pm Basketball Court Alejandra	ZUMBA® (Family) 7:00pm Basketball Court Claudia	
		BOOT CAMP 7:00pm Ballroom Karin	



FRIENDS & FAMILY REFERRAL PROGRAM

1st Referral: Free Sweat Towel
or Water Bottle

2nd Referral: Free T-Shirt

3rd Referral: \$10 off Monthly Dues

4th Referral: One Free Month

3800 Commercial Ave., San Antonio, TX 78221 (in between Formosa & Gillette)

210-334-3800

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