



AUGUST 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 9:00am Studio Maria	YOGA (Family) 9:00am Studio Maria	YOGA (Family) 9:00am Studio Maria	ZUMBA SENTAO® 9:00am Basketball Court Alejandra	ZUMBA® (Family) 9:30am Basketball Court Alejandra	H.I.I.T High Intensity Interval Training 9:00am Basketball Court Claudia	ZUMBA® (Family) 2:00pm Studio/Ballroom Estevan
ZUMBA® (Family) 9:00am Basketball Court Karin	ZUMBA® 9:00am Basketball Court Karin	ZUMBA® (Family) 9:00am Basketball Court Alejandra	ZUMBA® (Family) 10:00am Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Estevan	ZUMBA® (Family) 10:00am Basketball Court Claudia	
ZUMBA® (Family) 10:00am Basketball Court Alejandra	ZUMBA® (Family) 10:00am Basketball Court Alejandra	CARDIO BOXING 10:00am Punching Bags Alejandra	STEP 10:00am Ballroom Karin			
H.I.I.T High Intensity Interval Training 10:00am Ballroom 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	 <p>FRIENDS & FAMILY REFERRAL PROGRAM</p> <p>1st Referral: Free Sweat Towel or Water Bottle</p> <p>2nd Referral: Free T-Shirt</p> <p>3rd Referral: \$10 off Monthly Dues</p> <p>4th Referral: One Free Month</p>		
YOGA 6:00pm Studio Maria	STEP 6:00pm Ballroom Karin	YOGA (Family) 6:00pm Studio Maria	ZUMBA® (Family) 7:00pm Basketball Court Karin			
ZUMBA® (Family) 7:00pm Basketball Court Estevan	ZUMBA® (Family) 7:00pm Basketball Court Alejandra	ZUMBA® (Family) 7:00pm Basketball Court Alejandra				
KICKBOXING 7:00pm Studio Alejandra	H.I.I.T High Intensity Interval Training 7:00pm Ballroom Karin					

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

210-334-3800

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