



NOVEMBER 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 9:00am Studio Maria	YOGA 9:00am Studio Maria	YOGA 9:00am Studio Maria	ZUMBA SENTAO® 9:00am Basketball Court Alejandra	ZUMBA® 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® 9:00am Basketball Court Karin	ZUMBA® 9:00am Basketball Court Karin	ZUMBA® 9:00am Basketball Court Alejandra	ZUMBA® 10:00am Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Estevan	ZUMBA® (Family) 10:00am Basketball Court Claudia	
ZUMBA® 10:00am Basketball Court Alejandra	ZUMBA® 10:00am Basketball Court Marianna	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			
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		<p>Black Light Zumba Party Wednesday, December 4th 7pm-9pm</p> <p>Event Location: 3800 Commercial Ave. \$5.00 in Advance - \$8.00 at the door Tickets go on Sale November 15th</p>		
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

www.centrofitnessSA.com



Kids Club Pajama Party

Put on the Pajamas

Pack the Teddy Bear, Pillow & Blanket
and Join us for Some Popcorn, Snacks
and a Great Movie...

Wednesday, December 4, 2019

7pm-9pm

Space is Limited, please see a Kids Club
Attendant to reserve your spot TODAY...

Kids Club will be limited to children with Active Memberships.

Pajamas or any Costume Encouraged