



Centro FITNESS

September | Group Exercise Schedule

3800 Commercial Ave. | 210-334-3800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:00 AM BB Court Alejandra	ZUMBA® 9:30 AM BB Court Alejandra	ZUMBA® 9:00 AM BB Court Alejandra	ZUMBA® 9:30 AM BB Court Alejandra	ZUMBA® 9:00 AM BB Court Gloria	ZUMBA® 9:00 AM BB Court Gloria	
YOGA 9:30 AM Studio Mari	YOGA 9:30 AM Studio Mari	H.I.I.T. 10:00 AM BB Court Alejandra	YOGA 9:30 AM Studio Mari			
KICKBOXING 10:00 AM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra			
ZUMBA® 6:00 PM BB Court Alejandra	YOGA 6:00 PM Studio Mari					
YOGA 6:00 PM Studio Mari	H.I.I.T. 7:00 PM BB Court Alejandra					



FREE GUEST PASS

*Good for one day,
for one person
at either location.*



5427 Ray Ellison Blvd. | 210-457-3377

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:30 AM Studio A Cat	ZUMBA® 9:00 AM Studio A Cat	ZUMBA® 9:30 AM Studio A Cat	H.I.I.T. 10:00 AM Studio A Claudia	ZUMBA® 9:30 AM Studio A Cat	ZUMBA® 9:00 AM Studio A Cat	
ZUMBA® 6:00 PM Studio A Yolanda	H.I.I.T. 10:00 AM Studio A Claudia	YOGA 9:30 AM Studio B Mari	ZUMBA® 6:00 PM Studio A Gloria		H.I.I.T. 10:00 AM Studio A Claudia	
H.I.I.T. 7:00 PM Studio A Claudia	ZUMBA® 6:00 PM Studio A Cat	ZUMBA® 6:00 PM Studio A Cat	H.I.I.T. 7:00 PM Studio A Claudia			
	CIRCUIT TRAINING 7:00 PM Studio A Claudia	H.I.I.T. 7:00 PM Studio A Claudia				



Effective 9-1-23

HOURS: Monday - Friday 5 am - 10 pm | Saturday 8 am - 6 pm | Sunday 12 pm - 6 pm