



# JULY

Group Exercise Schedule

3800 Commercial Ave. | 210-334-3800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA®</b> 9:00 AM BB Court Alejandra	<b>ZUMBA®</b> 9:00 AM BB Court Alejandra	<b>ZUMBA®</b> 9:00 AM BB Court Alejandra	<b>ZUMBA®</b> 9:30 AM BB Court Alejandra	<b>ZUMBA®</b> 9:00 AM BB Court Gloria	<b>ZUMBA®</b> 9:00 AM BB Court Gloria	
<b>YOGA</b> 9:30 AM Studio Mari	<b>YOGA</b> 9:30 AM Studio Mari	<b>H.I.I.T.</b> 10:00 AM BB Court Alejandra	<b>YOGA</b> 9:30 AM Studio Mari			
<b>KICKBOXING</b> 10:00 AM BB Court Alejandra	<b>CIRCUIT TRAINING</b> 10:00 AM Studio A Alejandra	<b>YOGA</b> 6:00 PM Studio Mari	<b>ZUMBA®</b> 6:00 PM BB Court Alejandra			
<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>YOGA</b> 6:00 PM Studio Mari	<p><b>FREE GUEST PASS</b></p> <p>Good for one day, for one person at either location. Must be 18 yrs. old. Picture ID required.</p>		
<b>YOGA</b> 6:00 PM Studio Mari	<b>YOGA</b> 6:00 PM Studio Mari					

5427 Ray Ellison Blvd. | 210-457-3377

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA®</b> 9:30 AM Studio A Cat	<b>ZUMBA®</b> 9:00 AM Studio A Cat	<b>YOGA</b> 9:00 AM Studio A Mari	<b>ZUMBA®</b> 9:00 AM Studio A Yolanda	<b>ZUMBA® TONING</b> 10:00 AM Studio A Cat	<b>ZUMBA®</b> 9:00 AM Studio A Cat	
<b>ZUMBA®</b> 6:00 PM Studio A Yolanda	<b>H.I.I.T.</b> 10:00 AM Studio A Eunice	<b>ZUMBA®</b> 10:00 AM Studio A Cat	<b>H.I.I.T.</b> 10:00 AM Studio A Eunice		<b>H.I.I.T.</b> 10:00 AM Studio A Eunice	
<b>H.I.I.T.</b> 7:00 PM Studio A Eunice	<b>ZUMBA®</b> 6:00 PM Studio A Cat	<b>ZUMBA®</b> 6:00 PM Studio A Cat	<b>ZUMBA®</b> 6:00 PM Studio A Gloria			
	<b>CIRCUIT TRAINING</b> 7:00 PM Studio A Eunice	<b>H.I.I.T.</b> 7:00 PM Studio A Eunice	<b>H.I.I.T.</b> 7:00 PM Studio A Eunice			

Effective 7-1-24

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