



NOVEMBER Group Exercise Schedule

3800 Commercial Ave. | 210-334-3800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA® 9:00 AM BB Court Alejandra	ZUMBA® 9:00 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	<p>THANKFUL</p>	
ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra	YOGA 6:00 PM Studio Mari	ZUMBA® 6:00 PM BB Court Alejandra		
YOGA 6:00 PM Studio Mari	YOGA 6:00 PM Studio Mari	ZUMBA® 6:00 PM BB Court Alejandra	YOGA 6:00 PM Studio Mari		
	KICKBOXING 7:00 PM BB Court Eunice		H.I.I.T 7:00 PM BB Court Eunice		

5427 Ray Ellison Blvd. | 210-457-3377

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA® 9:30 AM Studio A Cat	ZUMBA® 9:00 AM Studio A Cat	YOGA 9:00 AM Studio A Mari	ZUMBA® 9:00 AM Studio A Yolanda	ZUMBA TONING® 10:00 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	ZUMBA® 10:00 AM Studio A Cat	H.I.I.T 10:00 AM Studio A Claudia		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	ZUMBA® 6:00 PM Studio A Gloria		
	CIRCUIT TRAINING 7:00 PM Studio A Claudia	H.I.I.T 7:00 PM Studio A Claudia	H.I.I.T 7:00 PM Studio A Claudia	FREE GUEST PASS Good for one day, for one person at either location. Must be 18 yrs. old. Picture ID required.	