

October 2017

GROUP CLASSES

18720 Stone Oak Parkway @ Loop 1604 San Antonio 210-568-7576

All classes are great for beginners to advance. Speak to your instructor before or after class to assist them in catering to your needs.

www.bellawomensfitness.com

Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>	<u>Saturday</u>
9am-10am Total Yoga Debbie (Beginner) Brandie subs the 9th	9am-10am Zumba Maria	9am-10am Power Yoga Flow Debbie	9am-10am Indoor Cycling Mandi	9am-10am Yoga Stretch Debbie (Beginner)	9am-10am Yoga Variety Debbie teaching the 7 th & 14 th , Caprice teaching the 21 st , Jenny teaching the28 th
9am-10am Indoor cycling Chris	9am-10am Indoor Cycling Chris	9am-10am Indoor Cycling Chris	10:30am- 11:30am Box and Shred Chris	9am-10am Indoor Cycling Chris	10am-11am Indoor Cycling Chris 14 th , 21 st , 28 th
10:15-11:15 New Class Total Body Toning Mandi	10:30am- 11:30am Power Sculpt Chris	10:30am- 11:30am Kickboxing Chris			
6pm-7pm Indoor Cycling Chris	6pm-7pm Piloxing Lily	5:30pm6pm Butts and Guts Chris	6pm-7pm Indoor Cycling Mandi		
6pm-7pm Total Yoga Jenny (beginner)	7pm-8pm Indoor Cycling Chris	6pm-7pm Cardio Kickboxing Chris	6pm-7pm Piloxing Lily		
7pm-8pm Zumba Jewel Judit subs the 16th	7pm-8pm Zumba Kat		7pm-8pm Zumba Step Kat		