

October 2017



## GROUP CLASSES

2602 Texas 1604 Loop #205 1604 & bitters 210-568-7076

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

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>	<u><b>Saturday</b></u>
	<b>10:30am-11:30am</b> Piloxing Lily	<b>10:30am-11:30am</b> Zumba Lily	<b>9am-10am</b> Hatha Yoga Debbie	<b>9am-10am</b> Zumba Celeste	<b>9:30am-10:30am</b> Zumba Maria <b>Judit sub 21st</b>
<b>10:30am-11:30am</b> Circuit Training Chris			<b>*NEW CLASS*</b> <b>10:15am-11:15am</b> Zumba Strength Judit <b>Jewel sub 12th</b>		
<b>6-7:00pm</b> Zumba Maria	<b>6:00-7:00PM</b> Zumba Claudia <b>Luz sub 24th</b>	<b>6-7:00pm</b> Zumba Luz	<b>6:00-6:30PM</b> Plyo Kaci	<b>Piloxing</b> 6pm-7pm Lily	
<b>7:00-8:00pm</b> Circuit Training Kaci		<b>7-7:30PM</b> Plyo Kaci	<b>6:30-7:00pm</b> Butts and Guts Kaci		
		<b>7:30-8pm</b> Butts and Guts Kaci	<b>7-8 pm</b> Zumba Luz		

All Classes included in your membership at no additional cost

Yoga Mats are not provided. We have props for purchase.

*October 2017*  
**HEATED CLASSES**

**2602 Texas 1604 Loop #205 1604 & bitters 210-568-7076**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>
<b>9am-10am</b> Heated Vinyasa YOGA+ Diane	<b>9:30-10:30am</b> Heated Basic Barre Upper & Lower body Giselle	<b>9-10am</b> Heated Vinyasa Yoga Georgette	<b>9am-10am</b> Heated Power Yoga Georgette	<b>9:30am- 10:30am</b> Heated Ballet Booty Sculpt With Upper Body Giselle	<b>9:30-10:30am</b> Heated Power Barre+ April
					<b>10:45-11:45am</b> Heated Power Yoga+ April
<b>5:30pm-6:30pm</b> Heated Basic Barre April Tiffany sub 2 <sup>nd</sup> Tiffany sub 23rd	<b>6pm—7pm</b> Heated Vinyasa Jenny	<b>5:30pm-6:30pm</b> Heated Piloxing Barre (NON-HEATED) Lily	<b>6-7pm</b> Heated Vinyasa Erin Georgette sub 19th		
<b>6:30pm--7:30pm</b> Heated Hatha Yoga April Michelle sub 2 <sup>nd</sup> Michelle sub 23rd	<b>7pm-8pm</b> Heated Basic Barre Upper & Lower Body Bree Lily piloxing barre 7:15pm sub 3rd	<b>6:30pm--7:30pm</b> Heated Vinyasa Yoga Jenny			

**Heated Classes Available for Full Access Memberships only.**

**Yoga Mats and yoga towels are not provided. We have props for purchase. Drink plenty of water prior and during. Make sure you eat!**