

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

COMBES | August | Agosto

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
10:00 A.M.	Pump It Up (Combes Community Center) 30 Min	Zumba Gold (Combes Community Center) 30 Min	Pump It Up (Combes Community Center) 30 Min	Zumba Gold (Combes Community Center) 30 Min		Boot Camp (Combes Community Center)
11:00 A.M.						
12:00 P.M.					Chair Exercise (Combes Community Center) 30 Min	
5:15 P.M.	Pilates (Combes Community Center) 45 min		Pilates (Combes Community Center) 45 min			
6:00 P.M.	Zumba (Combes Community Center)	Zumba (Combes Community Center)	Zumba (Combes Community Center)	Zumba (Combes Community Center)		
6:00 P.M.		HIIT (First Colony Mobile Home Park)		HIIT (Carefree Valley Mobile Home Park)		
6:00 P.M.		HIIT (Combes Community Center)				
7:00 P.M.	Stepper (Combes Community Center)		Interval Workout (Combes Community Center)			

Location / Ubicación:

Combes Community Center - 21626 Hand Rd, Combes, TX 78535

In-person Class

CombesTSSC 

 Liliana Hinojosa