

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### COMBES | September | Septiembre

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
10:00 A.M.	<b>Pump It Up</b> (Combes Community Center) 30 Min	<b>Zumba Gold</b> (Combes Community Center) 30 Min	<b>Pump It Up</b> (Combes Community Center) 30 Min	<b>Zumba Gold</b> (Combes Community Center) 30 Min		<b>Boot Camp</b> (Combes Community Center)
11:00 A.M.						<b>Cool Down</b> (Combes Trail Park)
12:00 P.M.					<b>Chair Exercise</b> (Combes Community Center) 30 Min	
5:15 P.M.	<b>Pilates</b> (Combes Community Center) 45 min		<b>Pilates</b> (Combes Community Center) 45 min			
6:00 P.M.	<b>Zumba</b> (Combes Community Center)	<b>Zumba</b> (Combes Community Center)	<b>Zumba</b> (Combes Community Center)	<b>Zumba</b> (Combes Community Center)		
6:00 P.M.		<b>HIIT</b> (Combes Community Center)				
7:00 P.M.	<b>Stepper</b> (Combes Community Center)		<b>Stepper</b> (Combes Community Center)			

**Location / Ubicación:**

**Combes Community Center** - 21660 Hand Rd, Combes, TX 78535

**Combes Trail Park** - 21660 Hand Rd. Combes, TX 78535

**In-person Class**

**CombesTSSC**   
Liliana Hinojosa