

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

COMBES | November | Noviembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
9:15 A.M.		Walk/Run Club (Combes Trail Park) 30 Min		Walk/Run Club (Combes Trail Park) 30 Min		
10:00 A.M.	Sculp & Tone (Combes Community Center) 30 Min	Zumba Gold (Combes Community Center) 30 Min	Sculp & Tone (Combes Community Center) 30 Min	Zumba Gold (Combes Community Center)		Boot Camp (Combes Community Center)
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 (Combes Community Center)				
7:00 P.M.	Dance Step (Combes Community Center)			Dance Step (Combes Community Center)		

Location / Ubicación:

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