

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

PRIMERA | November | Noviembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
10:00 A.M.	Circuit Cardio Training (Primera Community Center)	Resistance Bands, Strength & Conditioning (Primera Community Center)	Circuit Cardio Training (Primera Community Center)	Resistance Bands, Strength & Conditioning (Primera Community Center)	Fusion Workout (Community Center)	
6:30 P.M.	Circuit Cardio Training (Primera Community Center)			Functional Training (Primera Community Center)		

Location / Ubicación:

Primera Park Pavilion - 22893 Stuart Place Rd Primera, TX 78552



In-person class

Rio Hondo Tu Salud Si Cuenta 

caracaratrails 

caracaratrails 