

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

COMBES | March | Marzo

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:30 A.M.			Healthy Walking Combes Community Park 30 Mins			
10:00 A.M.	Sculp & Tone Combes Community Center 30 Mins	Zumba Gold Combes Community Center 30 Mins	Sculp & Tone Combes Community Center 30 Mins	Zumba Gold Combes Community Center 30 Mins		
5:15 P.M.	Pilates Combes Community Center 45 Mins		Pilates Combes Community Center 45 Mins			
6:00 P.M.	Zumba Combes Community Center	Zumba Combes Community Center	Zumba Combes Community Center	Zumba Combes Community Center		
6:00 P.M.	Boot Camp Combes Community Center - Orange Room		HIIT Combes Community Center - Orange Room			

Location / Ubicación:

Combes Community Center/ Trail Park/Orange Room - 21660 Hand Rd, Combes, TX 78535

In-person class

CombesTSSC
Becky Wilt

RIO HONDO | March | Marzo

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
6:00 P.M.		HIIT (Rio Hondo Civic Center)		Boot Camp (Rio Hondo Civic Center)		

Location / Ubicación:

Rio Hondo Civic Center - 121 N. Arroyo blvd. Rio Hondo TX 78583

In-person class

Rio Hondo Tu
Salud Si Cuenta
caracaratrails
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