



# SCHEDULE

CLASSES ONLY AT SAN LUIS GYM

ZUMBA: MON-WED 8-9 AM & TUE-THURS 9-10 AM

INDOOR CYCLING: MON-WED 8-9 AM

CROSS TRAINING: TUE-THURS 9-10 AM

YOGA: MON-TUE-THURS 5-6 PM

INDOOR CYCLING: MON TO THURS 7-8 PM

CARDIO BOXING: WED 5-6 PM & THURS-FRI 6-7 PM

ZUMBA: MON TO WED 6-7 PM

CROSS TRAINING: MON-TUE-THURS 8-9 PM