



# CLASS SCHEDULE

## 2018 FALL SCHEDULE

- = Hot Yoga 60-minute
- = Hot Yoga 90-minute
- PY = Power Yoga
- IHP = Hot Pilates
- YOLK = Hot/Power Fusion
- YS = Yoga Sculpt
- ★ = CrossFit
- ↔ = Basic Barbell
- OG = Open Gym
- BC = Boot Camp
- 🕒 = CrossFit Endurance
- XG = CrossFit Gymnastics
- CC = Competitor's Class

### ALAMO HEIGHTS

[YOGA STUDIO]

	SUN	MON	TUES	WED	THU	FRI	SAT
6:00am			●		●	IHP	
7:00am							●
8:30am		IHP	●	YOLK	●	●	
9:00am	●						●
11:45am			●		●		
12:00pm	PY						
3:00pm	●						●
5:00pm		●	IHP	●	●	●	
7:00pm		PY	●	PY	●		

### HOLLYWOOD PARK

[YOGA STUDIO]

	SUN	MON	TUES	WED	THU	FRI	SAT
5:30am		●		●		●	
8:00am							PY
9:30am		●	●	●	●	YOLK	
10:00am	●						●
12:00pm		●	●	IHP	●	●	●
4:00pm	IHP						
4:30pm		●	●	●	●	●	
6:00pm	●	IHP	YOLK	●	YS	IHP	
8:00pm		●	●	●	IHP		

### HUEBNER OAKS

[YOGA STUDIO]

	SUN	MON	TUES	WED	THU	FRI	SAT
6:00am		●		PY	●	●	
8:30am	●						YOLK
9:00am		●	●	●	●	●	
10:30am	IHP						IHP
11:30am			PY		PY		
2:00pm	●						●
4:00pm		●	●	●	●	●	
5:30pm		●	●	●	YOLK	PY	
7:30pm		●	●	IHP	●		

### BUST-A-MOVE CROSSFIT- CENTRAL

[ALAMO HEIGHTS]

	SUN	MON	TUES	WED	THU	FRI	SAT
5:00am		★	★	★	★	★	
6:15am		★	↔	★	↔	★	
8:00am		↔		↔		↔	↔
9:30am	★						★
10:30am	OG						
11:45am		BC		BC		BC	
4:30pm		★	★	★	★	★	
6:00pm		★	★	★	★		

### BUST-A-MOVE CROSSFIT

[HOLLYWOOD PARK]

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15am		★	★	★	★	★	
7:00am		★	★	★	★	★	
8:00am							OG
8:30am			★		★		
11:30am		★	★	★	★	★	
2:00pm	★						
5:30pm		★	★	★	★	★	
7:00pm		↔	★	↔	★		

### BUST-A-MOVE CROSSFIT- NORTHWEST

[HUEBNER]

	SUN	MON	TUES	WED	THU	FRI	SAT
5:30am		★	★	★	★	★	
8:00am							CC
8:30am	🕒	★	★	★	★	★	
10:00am							★
4:30pm		★	★	★	★	★	
6:00pm		★	BC	★	BC		
7:00pm			XG	OG			

\*CrossFit Endurance will alternate the meeting location between BAM-NW and Churchill HS. Download our app "The Union Yoga + Strength" to stay informed!