

# THE UNION yoga & strength

<https://theunionsa.com>

210-569-0611

**HOT YOGA 60**  60 **HOT YOGA 90**  90  
60- & 90-minute beginner's series. HOT! For everyone.

**POWER YOGA**  POWR  
Flow yoga. Breath and movement. Mind, body, spirit.

**YOLK YOGA**  YOLK  
Core essentials. Accessible to everyone. HOT!

**INFERNO HOT PILATES**  IHP  
High-intensity interval training (HIIT). SWEAT! Music. FUN!

**INFERNO HOT PILATES PLUS**  IHP+  
HIIT. Resistance Bands. Dumbbells. Accessible to all levels.

**POWER SCULPT**  PS  
Flow yoga with dumbbells. Music. Killer arms! HOT!

**YOGA RESET**  RSET  
Calm your nervous system. Lots of hip openers. HOT!

**CROSSFIT**  CF  
Constantly Varied Functional Movements at High Intensity.

**BASIC BARBELL**  BB  
Learn basic barbell movements. Strength & bone density.

**FUN FIT**  FUN  
Functional Fitness. Simple movements. Highly effective.

**FAM FIT**  FAM  
Fun exercise with the family. Kids welcome.

**CROSSFIT FUNDAMENTALS**  FUND  
An introduction to CrossFit and its fundamental movements.

**CROSSFIT GYMNASTICS**  GYM  
Come learn basic gymnastic skills with a fun workout.

**CROSSFIT ENDURANCE**  CFE  
CrossFit for endurance athletes. Endurance skills for CrossFitters.

**CROSSFIT COMPETITOR'S CLASS**  COMP  
For the experienced CrossFitter looking to compete.

Hollywood Park  
Bust A Move CrossFit  
18130 San Pedro, Ste. 94 & 88  
San Antonio, TX 78232

Alamo Heights  
Bust A Move CrossFit Central  
7959 Broadway, Ste. 106 & 504  
San Antonio, TX 78209

Huebner Oaks  
Bust A Move CrossFit Northwest  
11255 Huebner Rd. Ste 202 & 117  
San Antonio, TX 78230

# CLASS SCHEDULE

## ALAMO HEIGHTS

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00am		YOLK	90		IHP	IHP	
7:00am							60
8:30am		IHP	60	YOLK	60	60	
9:00am	90						90
11:45am			60		60		
12:00pm	POWR						
3:00pm	60						60
5:00pm		90	IHP	90	90	90	
7:00pm		POWR	90	POWR	90		

## HOLLYWOOD PARK

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am		60		60		60	
8:00am							POWR
9:30am		90	90	90	90	YOLK	
10:00am	90						60
12:00pm		60	IHP	IHP+	60	60	90
4:00pm	IHP+						
4:30pm		60	60	60	60	60	
6:00pm	60	IHP	90	90	PS	IHP	
8:00pm		60	60	60	IHP		

## HUEBNER OAKS

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00am		60	60	POWR	60	POWR	
8:30am	90						YOLK
9:00am		60	60	60	60	60	
10:30am	IHP						IHP
11:30am			POWR		POWR		
12:00pm							
2:00pm	90						90
4:00pm		60	60	60	60	60	
5:30pm		90	YOLK	90	YOLK	RSET	
7:30pm		60	60	IHP	60		

## BUST A MOVE CROSSFIT CENTRAL

	SUN	MON	TUE	WED	THU	FRI	SAT
5:00am		CF	CF	CF	CF	CF	
6:15am		FUN	BB	FUN	BB	FUN	
8:00am		BB		BB		BB	BB
8:30am	FUN						
9:00am			FUN		FUN		
9:30am	CF						CF
11:45am		FUN		FUN		FUN	
4:30pm		FUN	FUN	FUN	FUN	FUN	
5:30pm		CF	CF	CF	CF		
7:00pm		FUN	FUN	FUN	GYM		

## BUST A MOVE CROSSFIT

	SUN	MON	TUE	WED	THU	FRI	SAT
5:15am		CF	CF	CF	CF	CF	
7:00am		FUN	FUN	FUN	FUN	FUN	
10:00am		FUN		FUN		FUN	FAM
11:30am		CF	CF	CF	CF	CF	FUND
2:00pm	CF						
4:30pm		FUN	FUN	FUN	FUN	FUN	
5:30pm		CF	CF	CF	CF	CF	
7:00pm		BB	FUN	BB			

## BUST A MOVE CROSSFIT NORTHWEST

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am		CF	CF	CF	CF	CF	
8:00am							FUN
8:30am		CF	CF	CF	CF	CF	
9:00am							COMP
10:00am	CE						
11:45am		FUN		FUN		FUN	
4:30pm		FUN	FUN	FUN	FUN	FUN	
5:30pm		CF	CF	CF	CF		
7:00pm		FUN	GYM	FUN			