

ALAMO HEIGHTS

	SUN	MON	TUES	WED	THU	FRI	SAT
6:00am		●	●	●	●	IHP	
7:00am							●
8:30am		IHP	●	YOLK	●	●	
9:00am	●						●
11:45am			●		●		
12:00pm	PY1						
3:00pm	●						
5:00pm		●	IHP	●	●	●	
7:00pm		PY1	●	PY2	●		

HOLLYWOOD PARK

	SUN	MON	TUES	WED	THU	FRI	SAT
5:30am		●	●	●	●	●	
8:00am							PY1
9:30am		●	●	●	●	YOLK	
10:00am	●						●
12:00pm	●	●	●	IHP	●	●	●
4:00pm	●						
4:30pm		●	●	●	●	●	
6:00pm	●	IHP	●	●	●		
8:00pm		●	●	●	IHP		

HUEBNER OAKS

	SUN	MON	TUES	WED	THU	FRI	SAT
6:00am		●	●	PY1	●	PY1	
8:30am	●						YOLK
9:00am		●	●	●	●	●	
10:30am	IHP						IHP
11:30am			PY1		PY1		
2:00pm	●						●
4:00pm		●	●	●	●	●	
5:30pm		●	●	●	●	PY1	
7:30pm		●	●	●	●		

BUST-A-MOVE CROSSFIT- CENTRAL (ALAMO HEIGHTS)

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

BUST-A-MOVE CROSSFIT (HOLLYWOOD PARK)

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

BUST-A-MOVE CROSSFIT- NORTHWEST (HUEBNER)

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

● = Hot Yoga 90-minute PY1 = Power Yoga Level 1 IHP = Inferno Hot Pilates BC = Boot Camp ★ = Crossfit
 ● = Hot Yoga 60-minute PY2 = Power Yoga Level 2 YOLK = Hot/Power Fusion ↔ = Basic Barbell Class