

2017 FALL SCHEDULE

● = Hot Yoga 90-minute
● = Hot Yoga 60-minute

PY = Power Yoga
IHP = Hot Pilates

YOLK = Hot/Power Fusion
XG = CrossFit Gymnastics

OG = Open Gym
BC = Boot Camp

★ = CrossFit
↔ = Basic Barbell

HOT YOGA 90 - ●

A 90-minute class that follows the prescribed Bikram Yoga sequence, where postures are performed twice.

HOT YOGA 60 - ●

A 60-minute class that follows the same sequence as Bikram Yoga, but some postures are done only once & transitions are quicker.

POWER YOGA - PY

A fitness-based vinyasa practice where focus is on learning proper alignment, becoming familiar with the "flow" of vinyasa & linking breath to movement. Challenging, yet accessible to all. Modifications & variations provided when needed, to allow all students to work at their own level.

YOLK HOT YOGA - YOLK

The perfect 75-minute Bikram Yoga / Power Yoga fusion class, in a heated room. Helps to improve balance, openness throughout the body, awareness of breath & increases strength & flexibility.

INFERNO HOT PILATES - IHP

IHP combines HIIT (high intensity interval training) with Pilates core concepts. Get toned like never before in this energetic, fun class with body weight movements, set to high energy music.



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210.569.0611
www.theunionsa.com
www.bustamovecrossfit.com

CROSSFIT - ★

High intensity fitness regime that specializes in constantly varying its workouts and functional movement exercises.

BASIC BARBELL - ↔

Basic Barbell training for all levels. Programming varies for the novice, intermediate and advanced barbell athlete. No metabolic conditioning, 1-hour of strength training only.

BOOT CAMP - BC

High intensity workouts created to burn fat, build muscle and have fun.

CROSSFIT GYMNASTICS - XG

Breaks down basic bodyweight movements (pull-ups, handstands, etc.) into smaller pieces to improve movement quality, safety & performance. You will see an emphasis on controlled movements, static work & core strength.



Huebner Oaks - {yoga studio}
11255 Huebner Rd., Suite 202, 78230

Hollywood Park - {yoga studio}
18130 San Pedro, Suite 94, 78232

Alamo Heights - {yoga studio}
7959 Broadway, Suite 106, 78209

Bust-A-Move CrossFit - Northwest - (Huebner)
11255 Huebner Rd., Suite 117, 78230

Bust-A-Move CrossFit - (Hollywood Park)
18130 San Pedro, Suite 88, 78232

Bust-A-Move CrossFit - Central - (Alamo Heights)
7959 Broadway, Suite 504, 78209



CLASS SCHEDULE

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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	●	●	●
4:30pm		●	●	●	●	●	
6:00pm	●	IHP	●	●	●		
8:00pm		●	●	●	IHP		

HUEBNER OAKS

(YOGA STUDIO)

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

BUST-A-MOVE CROSSFIT-CENTRAL

(ALAMO HEIGHTS)

	SUN	MON	TUES	WED	THU	FRI	SAT
5:00am		★	★	★	★	★	
6:15am		★	↔	★	↔	★	
8:00am							↔
9:00am			BC		BC		
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		★	★	★	★	★	
8:30am		★	★	★	★	★	★
11:30am		★	★	★	★	★	
2:00pm	★						
5:30pm		★	★	★	★	★	
7:00pm		★	★	★	★		

BUST-A-MOVE CROSSFIT-NORTHWEST

(HUEBNER)

	SUN	MON	TUES	WED	THU	FRI	SAT
5:30am		★	★	★	★	★	
8:30am		★		★		★	★
10:00am							BC
11:30am		BC		BC		BC	
4:30pm		★	★	★	★	★	
6:00pm		★	BC	★	BC		
7:00pm			XG				