

2017 WINTER SCHEDULE

● = Hot Yoga 90-minute PY = Power Yoga YOLK = Hot/Power Fusion OG = Open Gym ★ = CrossFit ⌚ = CrossFit Endurance
● = Hot Yoga 60-minute IHP = Hot Pilates I/A = Intermediate/Advanced BC = Boot Camp ↔ = Basic Barbell XG = CrossFit Gymnastics

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.

INTERMEDIATE/ADVANCED YOGA - I/A

This class builds on the 26 postures of the traditional beginners Hot Yoga class. The class explores the traditional 84 classic asanas (postures) and provides an environment for working on different aspects of strength and flexibility. It is strongly recommended that a student have practiced the 90-minute Hot Yoga class regularly before participating in this class.

CROSSFIT - ★

High intensity fitness regimen that specializes in constantly varying 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.

CROSSFIT ENDURANCE - ⌚

A sports training program dedicated to improve performance, fitness and endurance potential using short, high intensity intervals.



210.569.0611
www.theunionsa.com
www.bustamovecrossfit.com

Huebner Oaks

11255 Huebner Road, 78230

Yoga Studio - Suite 202

BAM Box - Suite 117

Hollywood Park

18130 US Hwy 281 North, 78232

Yoga Studio - Suite 94

BAM Box - Suite 88

Alamo Heights

7959 Broadway, 78209

Yoga Studio - Suite 106

BAM Box - Suite 504



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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	I/A		

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	YOLK	●	PY		
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				↔		↔	↔
9:30am	★						★
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
4:30pm		★	★	★	★	★	
6:00pm		★	BC	★	BC		
7:00pm			XG				

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