



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### San Benito September | Septiembre 2024

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:00 A.M.	<b>Stretch &amp; Tone</b> Annex Building #2	<b>Pilates</b> San Benito Cultural Arts Center	<b>Zumba &amp; Toning</b> San Benito Cultural Arts Center	<b>Pilates</b> San Benito Cultural Arts Center	<b>Step &amp; Toning</b> Annex Building #2	
8:45 A.M.		<b>Body Fitness</b> Iglesia San Ignacio de Loyola	<b>Body Fitness</b> Iglesia San Ignacio de Loyola	<b>Body Fitness</b> Iglesia San Ignacio de Loyola		
9:00 A.M.		<b>Yoga for Beginners</b> San Benito Cultural Arts Center Meeting Room 2	<b>Stretch &amp; Tone</b> San Benito Cultural Arts Center	<b>Yoga for Beginners</b> San Benito Cultural Arts Center Meeting Room 2		
4:00 P.M.	<b>Yoga</b> Community Building		<b>Yoga</b> Community Building			
5:30 P.M.	<b>Zumba</b> Community Building	<b>Lift It, Move It, Shake It</b> Community Building	<b>Zumba</b> Community Building	<b>Lift It, Move It, Shake It</b> Community Building		

**Location / Ubicación:**

- Annex Building #2** - 705 N. Bowie St, San Benito, TX 78586
- San Benito Community Building** - 210 E Heywood St, San Benito, TX 78586
- San Benito Cultural Arts Center** - 225 E Stenger St, San Benito, TX 78586
- Iglesia San Ignacio de Loyola** - 24380 US-281, San Benito, TX 78586
- Landrum Education Complex (Cafeteria)** - 450 S Dick Dowling St, San Benito, TX 78586

**In-person class**



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