



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



San Benito July | Julio 2024

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

Location / Ubicación:

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



Letty Gomez

(956)361-3804 ext.305
or (956)357-4564