

Total Wellness - San Marcos

Group Exercise Class Schedule

Beginning May 8, 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:45 AM	H2O+ at the pool		H2O+ at the pool			
10:00 - 11:00 AM		AOA FitMix	HIIT Fusion		R&R Yoga *Livestream option	Group Personal Training (10:15-11:15 AM)
5:30 - 6:30 PM	Yoga Flow (5:30-6:15 PM) *Livestream option	Zumba ®	Step It Up! *Livestream option	Zumba ®		
6:30 - 7:30 PM	HIIT the Step!	Glow Cycle	Yoga Flow *Livestream option			

*Livestreamed classes are available via Facebook to members