

Women's Fitness Class Schedule AlamoShape.com No Contracts, Just Results!

\$39/Month for 170+ Unlimited Classes



Time/Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m. T/TH			Yoga by Appt***		Yoga by Appt***	***email early.vogi@gmail.com prior to 8pm the night before	
8:30 am Sat-Thur	Mixed fit 8:30	YOGA 8:30	YOGA 8:30	YOGA 8:30	YOGA 8:30		STEP 8:30
9:35 am Sun -Sat	Buti Yoga 9:35	Step 9:35	Zumba 9:35	Step 9:35	Zumba 9:35	Step 9:35	9:35 Mixedfit
10:35 F/Sat						10:35 Restorative Yoga 30 min	10:35 Zumba

Please check our business Facebook pages, AlamoShape, AlamoCafe, AlamoShape Step n' Tone, AlamoShape Yoga & AlamoShape Mixedfit for motivation, tips, and schedule updates!

*Try SilverShape, SuperShape or SoftShape Weight Loss & Toning 4-week personal training!
Ask about our RebelFit Coed and FitGuy training sessions!*

4 pm Th					Bellydance 4 pm		<i>We open 5 min before class. Regular Classes are 55 min long.</i>
4:30 pm Mon – Thurs		ZUMBA 4:30	DanceFit 4:30	ZUMBA 4:30	ZUMBA 4:30		
5:30 pm Mon – Fri		ZUMBA 5:30 PM & LOW IMPACT/ Tummy Toner 5:30 PM	ZUMBA 5:30 PM	LOW IMPACT/ Tummy Toner 5:30 PM & MixedFit 5:30 pm	Mixedfit 530 pm	ZUMBA 5:30 pm	<i>Times & formats subject to change.</i>
6:35 pm Mon - Fri		Mixedfit 6:35 pm	Buti Yoga 6:35 pm	Mixedfit 6:35 pm	NEW! Cardio hour in the gym 635 pm	Buti Yoga 6:35 pm	We are located at 700 E. 1st #765 in the Granada Center
7:35 pm Mon-Thur 7:05 pm Th/Fri		NEW!!! Coed Yoga 7:35 pm	NEW!! Zumba 7:35 pm	NEW!!! Coed Yoga 7:35 pm	NEW!! Zumba 7:35 pm	**Heels Dance Lessons 7:05 pm	<i>**Heels Dance Lessons are \$7 Each, not Included in the \$39/mo classes. Contact empowerdeshells@gmail.com or Empowerdesh Heels on Facebook</i>

A relaxed atmosphere you will enjoy, with no salespeople! Email info@alamoshape.com for current schedule.

2020 February \$39/month or \$7/day (YES! We let you do multiple classes on one day!)