



# FITNESS CLASSES SCHEDULE

**MON** 6AM | BOOTCAMP | RAFA  
8AM | CIRCUIT TRAINING | EDITH  
6PM | LOWER BODY BOOTCAMP | ELVIRA  
7PM | LATIN DANCE | OMAR

**TUE** 6AM | HARDCORE ABS | RAFA  
8AM | FULLBODY STRENGTH | EDITH  
6PM | LOWER BODY BOOTCAMP | ELVIRA  
7PM | YOGA | LORENIA

**WED** 6AM | CARDIO BLAST | RAFA  
8AM | FULL BODY HIIT | EDITH  
6PM | FULL BODY BOOTCAMP | ELVIRA

**THU** 6AM | STRENGTH TRAINING | RAFA  
8AM | STRENGTH & CARDIO | EDITH  
6PM | CARDIO KICKBOXING | ELVIRA  
7PM | YOGA | LORENIA

**FRI** 6AM | CARDIO BLAST | RAFA  
8AM | FULL BODY TABATA | EDITH

**SAT** 9AM | FULL BODY HIIT | EDITH

**RVRCC.COM MEMBERS ONLY (956) 350-4000**

Ask about our unlimited fitness pass for only \$25/mo | General Members Only