

SANTIAGO FITNESS CENTER

WEEKLY CLASS

Schedule

CYCLING CLASS

WITH ALMA WILSON

MONDAY & THURSDAY

🕒 0800 - 0900

YOGA CLASS

WITH ALMA WILSON

TUESDAY & FRIDAY

🕒 0800 - 0900

BOXING TECHNIQUES & CONDITIONING

WITH JOSHUA PARIS

WEDNESDAY

🕒 1200-1300

FOAM ROLLING 101

WITH SHANNA BLOCHER

THURSDAY

🕒 1600-1700



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