

City of Bastrop



RECREATION



CLASS SCHEDULE

WELLNESS CENTER HOURS: MON - SAT 8A-12P

MONDAY	CYCLING TRANSFORM	10:00 AM 11:30 AM
TUESDAY	STRONG CIRCUIT CHAIR YOGA GENTLE YOGA ZUMBA	8:00 AM 10:00 AM 5:15 PM 6:30 PM
WEDNESDAY	GENTLE YOGA CARDIO DANCE	10:00 AM 11:30 AM
THURSDAY	STRONG CIRCUIT TRANSFORM GENTLE YOGA ZUMBA	8:00 AM 10:00 AM 5:15 PM 6:30 PM
FRIDAY	AOA STRONG CARDIO DANCE	10:00 AM 11:30 AM
SATURDAY	ACTIVE EASE BACK CARE	9:00 AM