

MARCH 2023

SUN

MON

TUE

WED

THU

FRI

SAT

LIVE + RECORDED+
FRESH AIR WORKOUT!










PRACTICE DAILY DRILLS!



ON DEMAND & CLASS
RECORDINGS AVAILABLE!

REMEMBER!



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	1 MARCH 1st SORAYA'S 52nd BIRTHDAY! 	2	3 CARDIO BARRE! 10 AM 	4
5	6 CARDIO BELLY DANCE 10 AM 	7	8	9	10 STRONG & GRACEFUL 10 AM 	11
12	13	14	15 ARABIC POP DANCE PARTY! 10 AM 	16	17	18
19	20 YOGA BLOCK & BAND! 10AM 	21	22	23	24	25
26	27	28	29 RAQ YOUR MOBILITY! 10 AM 	30	31	1
2	3	4	5	6	7	