

**MONDAY 06**

10:30am  
Zumba Toning  
w/ Nannette

1pm  
Zumba  
w/ Carah

**TUESDAY 07**

11am  
Total Body Sculpt  
w/ Carah

**WEDNESDAY 08**

10:30am  
Zumba  
w/ Nannette

4:30pm  
Total Body Sculpt  
w/ Yazmari

**THURSDAY 09**

8:30am  
Zumba  
w/Maria

10am  
Total Body Sculpt  
w/ Tracie

6pm  
Zumba  
w/ Carah

**FRIDAY 10**

11am  
Core Blast:  
Abs + Back  
w/ Carah

1pm  
Zumba  
w/ Carah

6pm  
Kemetic Yoga  
w/ Tracie

**SATURDAY 11**

8:30am  
Zumba  
w/ Maria

10am  
Cardio Dance Party  
w/ Carah  
(Subbing for Mitch)

11am  
Samba Sizzle  
w/ Nannette

**SUNDAY 12**

NO CLASSES.  
TIME TO RELAAAX!

**NOTES**

Class passes  
are available:

- 1 Class: \$7
- 5-pack: \$35
- 10-pack: \$70
- 20-pack: \$130
- 40-pack: \$240

Book Your Classes  
via the  
MindBody App  
or the MindBody  
website:  
[www.MindBody.io](http://www.MindBody.io)

**WORKOUT2U  
ONLINE FITNESS**

**JULY 06 - 12, 2020**



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