

MONDAY 03

9am
Monday Morning
Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

TUESDAY 04

8:30am
Zumba
w/ Elizabeth
****New Class****

11am
Total Body Sculpt
w/ Carah

3:30pm
Cardio Kickboxing
Muay Thai
w/ Rick
****New Class****

WEDNESDAY 05

10:30am
Zumba
w/ Nannette

4:30pm
Total Body Sculpt
w/ Yazmari

THURSDAY 06

8:30am
Zumba
w/Maria

10am
Total Body Sculpt
w/ Irene

6pm
Zumba
w/ Carah

FRIDAY 07

11am
Core Blast:
Abs + Back
w/ Carah

1pm
Zumba
w/ Carah

SATURDAY 08

8:30am
Zumba
w/ Maria

10am
Cardio Dance Party
w/ Mitch

11am
Samba Sizzle
w/ Nannette

SUNDAY 09

NO CLASSES
TIME TO RELAAAX!

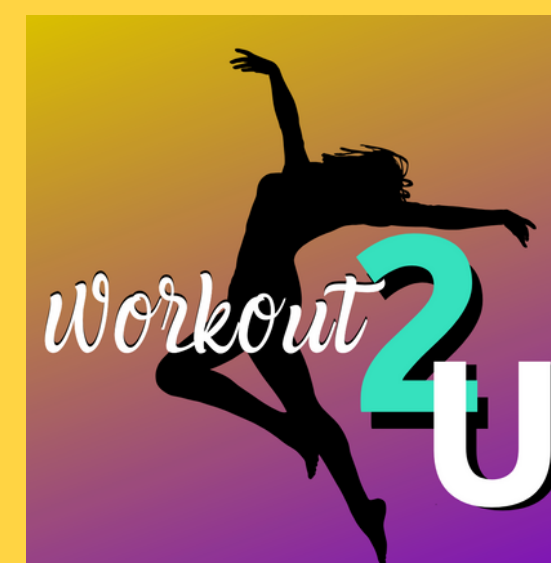
NOTES

Class passes
are available:

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

**WORKOUT2U
ONLINE FITNESS**

AUGUST 03 - 09, 2020



Book Your Classes @
workout2u.com