

MONDAY 28

9am
Monday Morning
Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

TUESDAY 29

9am
Cardio Kickboxing
w/ Yazmari

11am
Total Body Sculpt
w/ Carah

1pm
Gentle Stretch
w/ Norlisha

6pm
Cuban Salsa
w/ Jennifer

WEDNESDAY 30

8:30am
Strength + Tone
w/ Irene

10:30am
Zumba
w/ Nannette

4:30pm
Total Body Sculpt
w/ Yazmari

7pm
Breathe & Stretch Yoga
w/ Meenakshi

THURSDAY 01

8:30am
Zumba
w/Maria

11am
Total Body Sculpt
w/ Judy

1pm
Pan-African Dance
w/ Norlisha

6pm
Zumba
w/ Carah

FRIDAY 02

9am
Bollywood Dance
w/ Divya
****New Class****

11am
Core Blast: Abs + Back
w/ Carah

1pm
Zumba
w/ Carah

SATURDAY 03

8:30am
Zumba
w/ Maria

10am
Cardio Dance Party
w/ Zach

11am
Samba Sizzle
w/ Nannette

SUNDAY 04

PARTY TO THE POLLS
ZUMBA + LINE
DANCING PARTY
Carah, Gloria & Willa
11:30am-1pm PDT|\$10



NOTES

Class passes
are available:
1 Class: \$7
5-pack: \$35
10-pack: \$70
20-pack: \$130
40-pack: \$240
Unlimited Passes
1 Month: \$144
3 Months: \$396

**WORKOUT2U
ONLINE FITNESS**

SEPT 28-OCT 04, 2020

Book Your Classes @
workout2u.com

