

**MONDAY 19**

9am  
Monday Morning  
Stretch  
w/ Sadira

10:30am  
Zumba Toning  
w/ Nannette

1pm  
Zumba  
w/ Carah

4:30pm  
Fit Chicas Lift  
w/ Judy  
**\*\*New Class\*\***

**TUESDAY 20**

9am  
Cardio Kickboxing  
w/ Yazmari

11am  
Total Body Sculpt  
w/ Carah

1pm  
Gentle Stretch  
w/ Norlisha

6pm  
Cuban Salsa  
w/ Jennifer

**WEDNESDAY 21**

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 22**

8:30am  
Zumba  
w/Maria

1pm  
Pan-African Dance  
w/ Norlisha

6pm  
Zumba  
w/ Carah

**FRIDAY 23**

9am  
Bollywood Dance  
w/ Divya

11am  
Core Blast: Abs+Back  
w/ Carah

1pm  
Zumba  
w/ Carah

**SATURDAY 24**

8:30am  
Zumba  
w/ Maria

10am  
Cardio Dance Party  
w/ Zach

11am  
Samba Sizzle  
w/ Nannette

**SUNDAY 25**

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  
Unlimited Passes  
1 Month: \$144  
3 Months: \$396

**WORKOUT2U  
ONLINE FITNESS**

**OCTOBER 19-25, 2020**



Book Your Classes @  
[workout2u.com](http://workout2u.com)

