

MONDAY 23

9am
Monday Morning
Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

4:30pm
Fit Chicas Lift
w/ Judy

TUESDAY 24

9am
Cardio Kickboxing
w/ Yazmari

11am
Total Body Sculpt
w/ Carah

1pm
Pan-African Dance
w/ Norlisha

6pm
Cuban Salsa
w/ Jennifer

WEDNESDAY 25

8:30am
Strength + Tone
w/ Irene

10:30am
Zumba
w/ Nannette

7pm
Breathe & Stretch Yoga
w/ Meenakshi

THURSDAY 26

SPECIAL EVENT:
Thanksgiving Day
Zumbathon
9-10:30am PST \$5



FRIDAY 27

NO CLASSES
IN OBSERVANCE OF
THANKSGIVING



SATURDAY 28

10am
Zumba
w/ Zach

11am
Samba Sizzle
w/ Nannette

SUNDAY 29

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**

NOVEMBER 23-29, 2020

Book Your Classes @
workout2u.com

