

MONDAY 18

9am
Monday Morning
Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

TUESDAY 19

9:30am
Cardio Kickboxing
w/ Yazmari
****Later class time****

11am
Total Body Sculpt
w/ Carah

6:30pm
Salsa Rhythms
w/ Jennifer

WEDNESDAY 20

8:30am
Strength + Tone
w/ Irene

10:30am
Zumba
w/ Nannette

1pm
Line Dancing
w/ Carah

7pm
Breathe & Stretch Yoga
w/ Meenakshi

THURSDAY 21

8:30am
Zumba
w/Maria

9:30am
Total Body Sculpt
w/Yazmari

1pm
Pan-African Dance
w/ Norlisha

6pm
Zumba
w/ Carah

FRIDAY 22

10am
Zumba Meets
Bollywood
w/ Nayelli

****Later class time****

11am
Core Blast: Abs+Back
w/ Carah

1pm
Zumba
w/ Carah

SATURDAY 23

10am
Zumba
w/ Zach

11am
Samba Sizzle
w/ Nannette

SUNDAY 24

NO CLASSES
TIME TO RELAAAX!

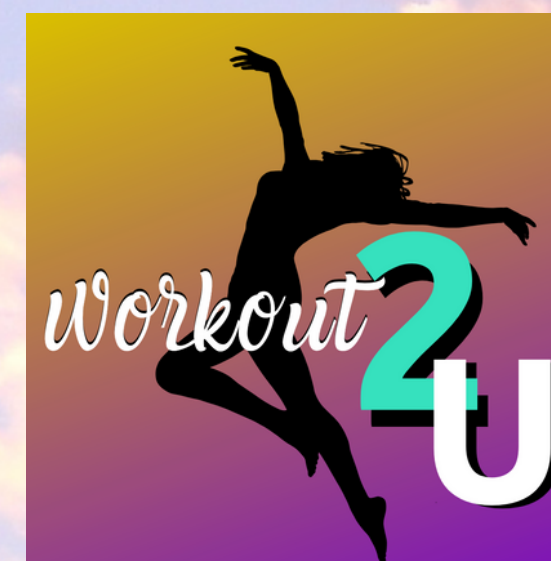


NOTES

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**

JANUARY 18-24, 2021



Book Your Classes @
workout2u.com

