

**MONDAY 22**

9am  
Monday Morning  
Stretch  
w/ Sadira

10:30am  
Zumba Toning  
w/ Nannette

1pm  
Zumba  
w/ Carah

**TUESDAY 23**

9:30am  
Cardio Kickboxing  
w/ Yazmari

11am  
Total Body Sculpt  
w/ Carah

6:30pm  
Salsa Rhythms  
w/ Jennifer

**WEDNESDAY 24**

8:30am  
Strength + Tone  
w/ Irene

10:30am  
Zumba  
w/ Nannette

1pm  
Line Dancing  
w/ Carah

7pm  
Breathe & Stretch Yoga  
w/ Meenakshi

**THURSDAY 25**

8:30am  
Zumba  
w/Maria

9:30am  
Total Body Sculpt  
w/Yazmari

1pm  
Pan-African Dance  
w/ Norlisha

6pm  
Zumba  
w/ Carah

**FRIDAY 26**

11am  
Core Blast: Abs+Back  
w/ Carah

1pm  
Zumba  
w/ Carah

**SATURDAY 27**

10am  
Zumba  
w/ Zach

11am  
Samba Sizzle  
w/ Nannette

**SUNDAY 28**

BLACK HISTORY MONTH  
ZUMBA PARTY  
Andre, Carah,  
Jalamair + Rafiki  
11:30am-1pm PST|\$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**

**FEBRUARY 22-28, 2021**



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