

MONDAY

21

9am
Monday Morning
Stretch
w/Norlisha (Sub)

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

TUESDAY

22

9:30am
Cardio Kickboxing
w/ Yazmari

11am
Total Body Sculpt
w/Carah

WEDNESDAY

23

10:30am
Zumba
w/ Nannette

1pm
Line Dancing
w/ Carah

7pm
Breathe & Stretch Yoga
w/ Meenakshi

THURSDAY

24

8:30am
Zumba
w/ Maria

9:30am
Total Body Sculpt
w/ Yazmari

6pm
Zumba
w/ Carah

FRIDAY

25

11am
Core Blast:
Abs+Back
w/ Carah

1pm
Zumba
w/ Carah

SATURDAY

26

10am
Zumba
w/ Zach

11am
Samba Sizzle
w/ Nannette

SUNDAY

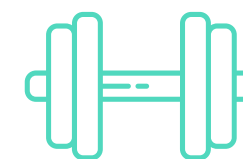
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****10:45am****
(Earlier time)
Aqua Zumba
w/ Nannette
Pinole Swim Center
Pinole, California
\$10/advance
\$15/drop-in



NOTES

Class passes
are available:
Virtual Class: \$7
Outdoor Class: \$10



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

**WORKOUT2U
ONLINE FITNESS**

JUNE 21- 27, 2021



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