

MONDAY

18

10:30am
Zumba Toning
w/ Nannette
In Person + Zoom
706 Alfred Noble Drive
Hercules, CA

6pm
Outdoor Zumba
w/ Carah
Bushrod Park
Near the Shattuck
+ 59th intersection
Oakland, CA

FRIDAY

22

CANCELLED

Cancelled due to
the Workout2u trip
to Kauai

TUESDAY

19

9:30am
Cardio Kickboxing
w/ Yazmari

SATURDAY

23

10am
Zumba
w/ Maria
Subbing for Zach

WEDNESDAY

20

8:15am
Total Body Sculpt
w/ Yazmari

SUNDAY

24

NO CLASSES
TIME TO RELAAAX!

*Good
Vibes
Only* ♡

THURSDAY

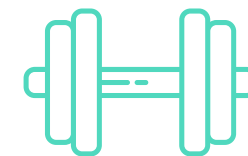
21

CANCELLED

Cancelled due to
the Workout2u trip
to Kauai

NOTES

Virtual Class: \$7
In Person +
Outdoor Class: \$10



WORKOUT2U FITNESS

OCTOBER 18-24, 2021



Book Your Classes @
workout2u.com

