

**MONDAY**

**22**

**TUESDAY**

**23**

**THURSDAY**

**25**

**WEDNESDAY**

**24**

**FRIDAY**

**26**

**SATURDAY**

**27**

**NOTES**

9am  
Monday Morning  
Stretch  
w/ Sadira

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

1pm  
Zumba  
w/ Carah

4:30pm  
Outdoor Zumba  
Bushrod Park  
w/Carah

11am  
Total Body Sculpt  
w/ Carah

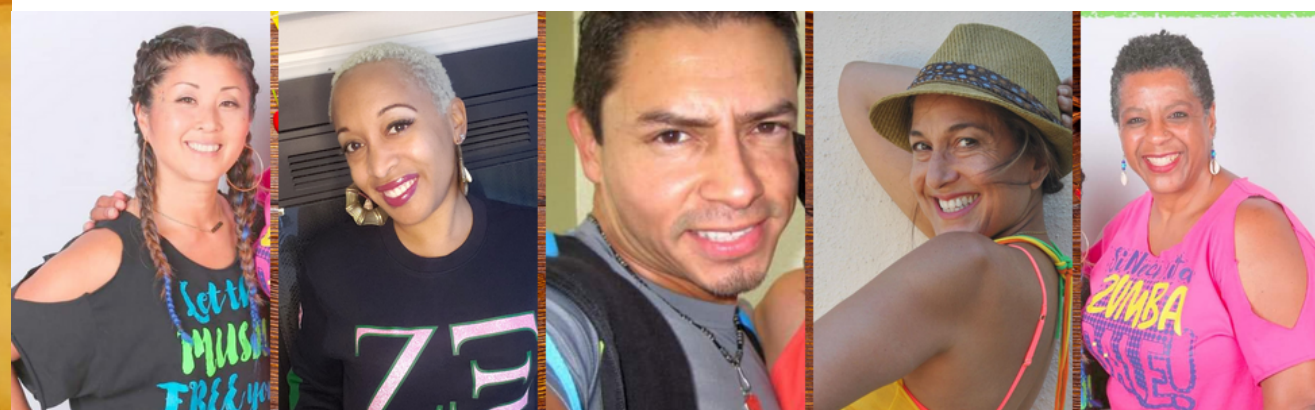
1pm  
Line Dancing  
w/ Carah

11am  
Core Blast:  
Abs+Back  
w/ Carah

1pm  
Zumba  
w/ Carah



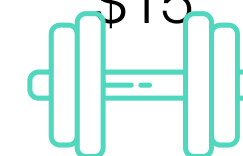
8-10am  
Special Event: Thanksgiving Zumbathon  
w/ Angie, Carah, Oscar, Nannette + Judy  
Martin Luther King Middle School  
1781 Rose Street, Berkeley  
In Person or Via Zoom



9am  
Outdoor Zumba  
MLK Middle  
School  
w/Carah

11am  
Samba Sizzle  
w/ Nannette  
\*In Person + Zoom\*  
706 Alfred Noble Drive  
Hercules, CA

Virtual Class: \$12  
In Person +  
Outdoor Class: \$15  
Special Events:  
\$15



# W O R K O U T 2 U F I T N E S S

**NOVEMBER 22-28, 2021**

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

