

**MONDAY 25**

8:30am  
Meditation  
w/ Candace

10am  
Zumba Toning  
w/ Nannette

1pm  
Zumba  
w/ Carah

4:30pm  
Total Body Sculpt  
En Español  
w/ Yazmari

**TUESDAY 26**

10am  
Intro to Ballet  
w/Asha

11am  
Total Body Sculpt  
w/ Carah

**WEDNESDAY 27**

10am  
Zumba Gold  
w/ Nannette

1pm  
Barre Burn  
w/ Asha

4:30pm  
Total Body Sculpt  
w/ Yazmari

**THURSDAY 28**

8:30am  
Zumba  
w/Maria

10am  
Mat Pilates  
Mobility Matters  
w/ Carah

5pm  
Vinyasa Flow Yoga  
w/ Divya

6pm  
Zumba  
w/ Carah

**FRIDAY 29**

11am  
Core Blast:  
Abs + Back  
w/ Carah

1pm  
Zumba  
w/ Carah

**SATURDAY 30**

9am  
Intro to Ballet  
w/ Asha

10am  
Cardio Dance Party  
w/ Mitch

11am  
Samba Sizzle  
w/ Nannette

2:30pm  
Hot Hula  
w/ Sherry

**SUNDAY 31**

NO CLASSES.  
TIME TO RELAAAX!

FACEBOOK: @WORKOUT2U  
IG: @WORKOUT2UFITNESS

**NOTES**

Class passes  
are available:

1 Class: \$7  
5-pack: \$35  
10-pack: \$70  
20-pack: \$130  
40-pack: \$240

Book Your Classes  
via the  
MindBody App  
or the MindBody  
website:  
[www.MindBody.io](http://www.MindBody.io)

**WORKOUT2U  
ONLINE FITNESS**



**MAY 25 - MAY 31, 2020**