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Beast Spinning New Body Cardio (30 Min) Spinning
Zumba Gutts 'n Butts (30 Min) Fun And Friendly Fitness
Total Body Workout Zumba & Drums
Time Monday Tuesday Wednesday Thursday Friday
Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am 6:15
6:30 6:30 9:00 9:15 8:00 Yoga Yoga Tank Top Arms
(30 Min) 10:30 Am Rock Bottom (30 Min) Hot Yoga

Poolside Monday To ... Mar 15th, 2024

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X 9 Exercises) 1) KICKBACKS 2) FRONT LUNGE 3) CLIMBER TO SIDE WINDER 4) HALF WALKOUT 5) JOG & PUNCH 6) DROP SQUAT 7) STRAIGHT LEG DEADLIFT 8) JOG & PUNCH THE SKY 9) DEEP UPPER CUTS • There Are 3 Arenas That Make Up A Tapout Fusion Class: FOCUSMASTER May 15th, 2024

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