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Spinning New Body Cardio (30 Min) Spinning Zumba  
Gutts 'n Butts (30 Min) Fun And Friendly Fitness Total  
Body Workout Zumba & Drums Timemondaysuesday  
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  
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