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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 ... Feb 21th, 2024

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