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