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Beast Spinning New Body Cardio (30 Min) Spinning Zumba
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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 ...

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