

# **Zumba Fitness Program Guide Pdf Download**

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Schedule - Fitness Forum - Fitness ForumBeast

Spinning New Body 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

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