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Fitness 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 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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