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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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