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Beast Spinning New Body Cardio (30 Min) Spinning
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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 ... Apr 6th, 2024

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Personal Fitness Scout's Name: _____ Personal Fitness -
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Requirements 7 And 8, Complete The Aerobic Fitness,
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Body Composition Evaluation As Described In The
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