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Fitness Schedule - Fitness Forum - Fitness Forum
Beast 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 ... May 2th, 2024.

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Or Prescribe Specific Meal Plans • Conduct
Psychological Counseling / Therapy • Provide
“nutritional Therapy” To Treat Disease • Prescribe
Extreme Practices (detoxes, Colon Cleanses) • Go
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