



# ZENYO

\* All workouts  
streamed on Zoom

## FITNESS WORKOUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
5:30 P.M. <b>GYM</b>	5:30 P.M. <b>GYM</b>	5:30 P.M. <b>GYM</b>	5:30 P.M. <b>GYM</b>	

## DEDICATED PARTNER TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
4:00 PM TO 8:00 PM	4:00 PM TO 8:00 PM	4:00 PM TO 8:00 PM	4:00 PM TO 8:00 PM	10:00 AM TO 2:00 PM