



Dida Fitness 1 week program

MON	TUES	WED	THURS	FRI	SAT
<u>Strong Nation</u>	<u>Strength& Stretch</u>	<u>Strong Nation</u>	<u>Strength& Stretch</u>	<u>Strong 30+ Yopalates</u>	<u>Zumba</u>

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