

**ZUMBA**  
FITNESS



**HAVE FUN,  
LOSE WEIGHT,  
FEEL GREAT!**

**Wed, 27 May 2020 | 4 PM**  
with **Ken & Tommy**

**40%  
DISC**

Promo Code:  
**MAY30**

**BOOK THE CLASS NOW!**

<https://bit.ly/hshliveclass>

**HOME SWEAT HOME**

**Our Next 3 Days Schedule**

**HOME SWEAT HOME**

**Our Online Workout Class**



DAY/DATE	TIME	CLASS	INSTRUCTOR
THU, 21 MAY	8 AM	DNA CORE MOTION	Gui
	4 PM	HATHA YOGA 2	Puru
	7 PM	FGT STRENGTH	Egi
FRI, 22 MAY	8 AM	FGT HIIT	Anjar
	4 PM	DNA CORE MOTION (LIVE)	Tommy & Bonny
	7 PM	BODYPUMP	Tiff
SAT, 23 MAY	8 AM	BODYBALANCE	Otniel
	4 PM	INTERVAL TRAINING	Triesca

**THESE WORKOUTS ARE OPEN FOR PUBLIC. NO REGISTRATION REQUIRED.**





*Virtual Sessions Available*



**HOME | ABOUT | CLASSES | FAQ**

# YOGA CLASS SCHEDULE

## MONDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

## TUESDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

## WEDNESDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

## THURSDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

## FRIDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

## SATURDAY

8 am Beginners Yoga  
10 am Power Flow  
12 pm Yin Yoga  
2 pm Slow Flow  
4 pm Hatha Yoga  
6pm Restorative Yoga

For more information on classes and teachers, visit [www.InspireYoga.com](http://www.InspireYoga.com)



# MAKE EVERY WORKOUT COUNT

PLAN YOUR HEALTH & FITNESS SUCCESS

REQUEST A FREE CONSULTATION

## HELPING PEOPLE LIVE HEALTHIER LIVES

There are many variations of passages of Lorem Ipsum available, but the majority have suffered alteration in some form, by injected humour, or randomised words which don't look even slightly believable. If you are going to use a passage of Lorem Ipsum, you need to be sure there isn't anything embarrassing hidden in the middle of text.

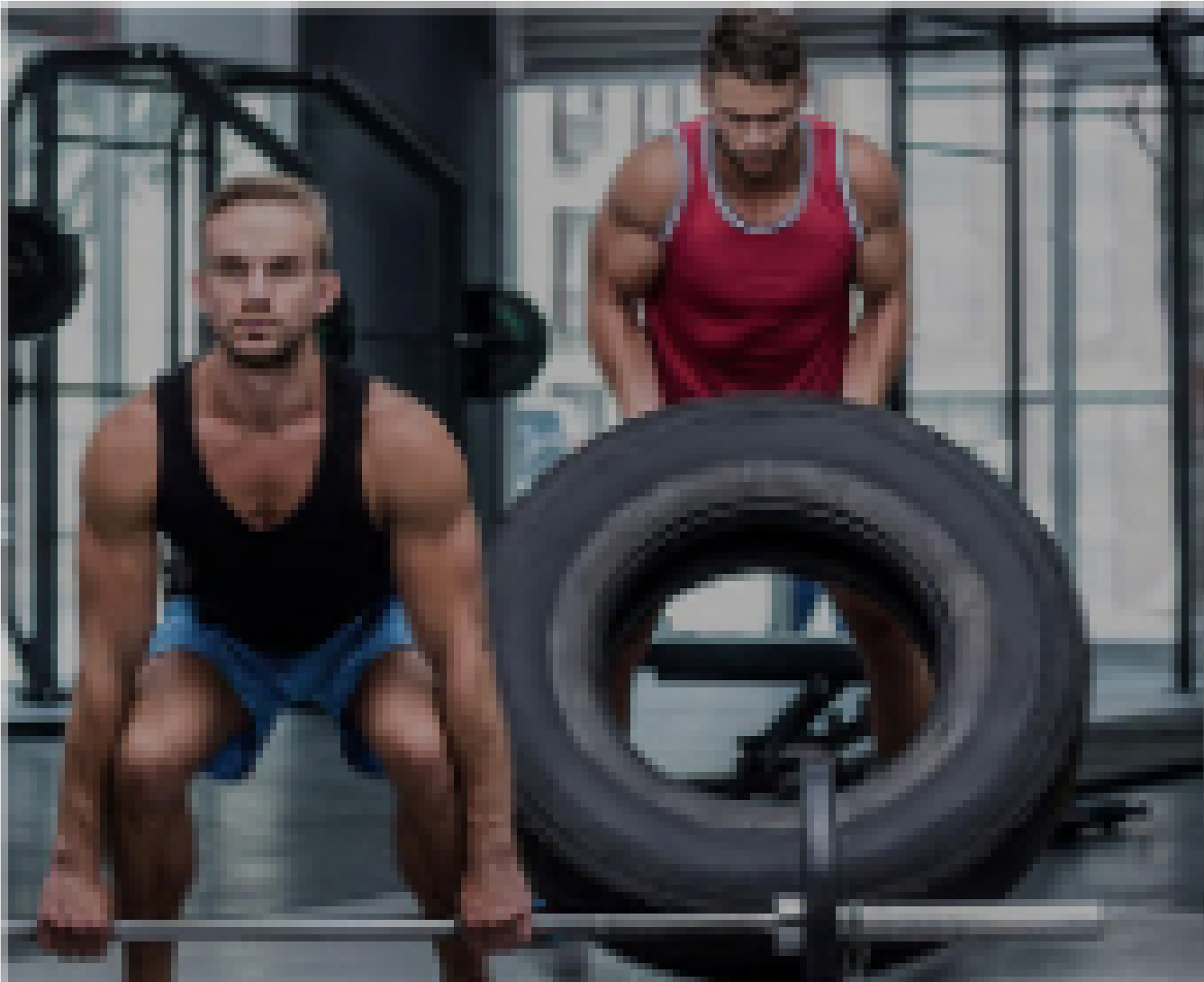
EXPLORE MORE

### WHAT WE DO BEST

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- BOOT CAMP
- PERSONAL TRAINING
- BODY TONING
- NUTRITION PROGRAM

REQUEST A FREE CONSULTATION



### WHY CHOOSE US

All the Lorem Ipsum generators on the Internet tend to repeat predefined chunks as necessary, making this the first true generator on the Internet. It uses dictionary of over 300 Latin words, combined with a handful of model sentence structures, to generate Lorem Ipsum which looks reasonable. The generated Lorem Ipsum is therefore always free from repetition.

EXPLORE MORE

- 1

DESIGNED FOR YOU

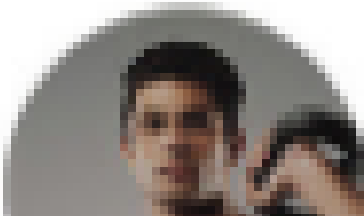
All the Lorem Ipsum generators on the Internet tend to repeat predefined chunks.
- 2

RESULTS GUARANTEED

All the Lorem Ipsum generators on the Internet tend to repeat predefined chunks.
- 3

HEALTH MANAGEMENT

All the Lorem Ipsum generators on the Internet tend to repeat predefined chunks.

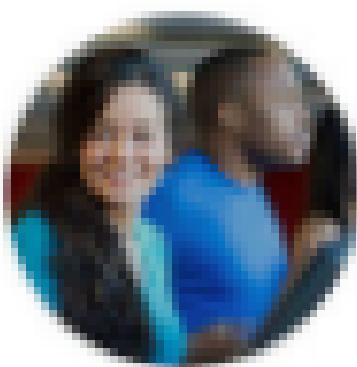


# Push Your Recreation Program To a New Level

Explore our fitness, recreation and well-being solutions.

GET STARTED TODAY

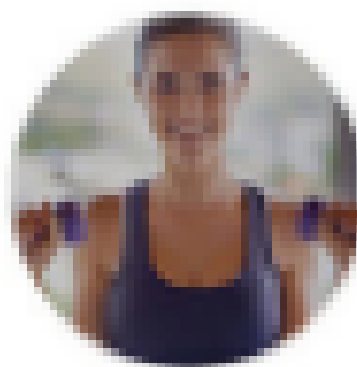
## Love Your Life



HEALTH MANAGEMENT



CORPORATE FITNESS



HEALTH ADVOCACY

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MORE INFORMATION



## Infusing Health

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MORE INFORMATION

## Personalization

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MORE INFORMATION

