



BLISS BODY-MIND FUSION FITNESS

TAUGHT BY:

JAMIE ZIMRON SENSEI



Balance

Lengthen

Integrate

Stretch

Strengthen

August 2021 Classes / PST
Sunday, August 1) 9-10:30am
Sunday August 15) 9-10:30am
Sunday, August 22) 9-10:30am
Sunday, August 29) 9-10:30am

- Health
- Happiness
- Performance



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