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EXPANDED SCHEDULE

INTRODUCTORY PACKAGE \$20 for 10 Days

This is a 90 minute total body workout in a room heated to 105 degrees.

	M	T	W	TH	F	SA	SU
6:30am							
7:00am							
9:00am							
12:00pm							
4:00pm							
6:00pm							

FIRST CLASS: Arrive 20 minutes early - Bring a large towel & water bottle
Wear gym shorts & a tank top - Don't eat for 2-3 hours before class
Be prepared to work hard & sweat!

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SUGGESTED DONATION: \$10
INFORMATION: 541-953-8871 or tulku_jigme@yahoo.com
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