

## FOR AUDIENCES

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April 20 - June 29, 2020

### Express Circuit Training with Teddy Ment

Company: The Muse Brooklyn  
Venue: The Muse Brooklyn  
Location: Brooklyn, NY

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Express Circuit with Teddy Ment



No better way to get your blood pumping, heart racing and sweat dripping than a quick but intense 30minute circuit of exercises specifically designed to work through each muscle group of the body creating a complete full body workout. All you need is your body and enough space to jump.

Link to join: <https://zoom.us/j/907042093?pwd=WkQ2am8xYUNWOTJHd24ybld4Sk1iUT09>

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn  
<https://zoom.us/j/907042093?pwd=WkQ2am8xYUNWOTJHd24ybld4Sk1iUT09>  
Brooklyn, NY, 11237  
9294001678

Schedule  
April 20, 2020: 2:00pm  
April 27, 2020: 2:00pm  
May 4, 2020: 2:00pm  
May 11, 2020: 2:00pm  
May 18, 2020: 2:00pm

[more](#)

[< back](#)

[previous listing](#) • [next listing](#)