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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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
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