

Subject: Zumba
Grade I - X
Year : 2019 - 2020

Year planner - Zumba

Activity Instructor: Ramesh M
Branch: Manikonda

Month	Activity/Particulars	Output
March April	<ul style="list-style-type: none"> Introduction of Zumba Fitness and basics with songs and moves 	Basics and Introduction
June July	<ul style="list-style-type: none"> Next level of fitness moves, benefits of fitness weight loss and introducing new exercises 	Level 2
August September	<ul style="list-style-type: none"> End up with Zumba session 1 and fitness program 	Next level
October November	<ul style="list-style-type: none"> Introduction of mini workouts for kids potential and strengthening precautions to reduce fat 	Strengthening program
December January	<ul style="list-style-type: none"> Stretches and flexibility continuation of last month activities 	Strengthening program
Feb & March	<ul style="list-style-type: none"> End up with Zumba session 2 and fitness program 	Recap