

SUN MON TUE WED THU FRI SAT

OCTOBER
PHYSICAL THERAPY MONTH
NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

1

2

CHAIR YOGA
10:45-11:30 AM

TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

3

4



SOCCER CLINIC
9:00 AM-10:00 AM
MONTVERDE ACADEMY



REGISTRATION REQUIRED

5

6

GYMNASTICS
6:00-6:45 PM
ZUMBA
7:00-7:45 PM

7

ZUMBA
10:30-11:15 AM

CHEER
(FULL - No WALK-INS)
6:00-7:00 PM

STRETCH & TONE
7:15-8:00 PM

8

9

CHAIR YOGA
10:45-11:30 AM

TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

10

11

12

13

GYMNASTICS (MAKEUP)
6:00-6:45 PM
ZUMBA
7:00-7:45 PM

14

ZUMBA
10:30-11:15 AM

CHEER
(FULL - No WALK-INS)
6:00-7:00 PM

STRETCH & TONE
7:15-8:00 PM

15



16

CHAIR YOGA
10:45-11:30 AM

17

18

19

20

ART
6:00-7:00 PM
ZUMBA
7:00-7:45 PM

21

ZUMBA
10:30-11:15 AM

CHEER
(FULL - No WALK-INS)
6:00-7:00 PM

STRETCH & TONE
7:15-8:00 PM

22

23

CHAIR YOGA
10:45-11:30 AM

TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

24



HALLOWEEN DANCE
6:30-8:30 PM
DREAMPLEX CLERMONT



REGISTRATION REQUIRED

25

26

27

ART
6:00-7:00 PM
ZUMBA
7:00-7:45 PM

28

ZUMBA
10:30-11:15 AM

CHEER
(FULL - No WALK-INS)
6:00-7:00 PM

STRETCH & TONE
7:15-8:00 PM

29

30

CHAIR YOGA
10:45-11:30 AM

TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

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Mon-Fri: 8am - 6pm
Sat & Sun: Closed
Mon, Tues, Thurs Evenings: Open for Classes Only

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