

SUN MON TUE WED THU FRI SAT

Zumba with Isaac and Yoga will be offered virtually.

A small number of active members will be invited to participate in person during Yoga and Zumba at the Dreamplex

## COMING SOON - REGISTER TODAY! THE DREAMPLEX RELAYS - A TRACK & FIELD EVENT SATURDAY, NOVEMBER 14TH @ MONTVERDE ACADEMY

<p style="text-align: center;"><b>DEAMPLEX 2020</b> <b>GLOW TOGETHER</b> A FREE ONLINE EVENT FROM YOUR HOME FOR A GOOD CAUSE <a href="http://www.cfldreamplex.com/glow2020">www.cfldreamplex.com/glow2020</a> <small>Registration Required</small> <b>THURSDAY</b> <b>NOVEMBER 5TH, 2020</b></p>				1 <b>YOGA</b> 10:30-11:30 AM  <b>TAE KWON DO - BEG</b> 6:30-7:15 PM <b>TAE KWON DO - ADV</b> 7:15-8:00 PM	2	3
4	5	6 <b>BALLET &amp; HIP HOP</b> 6:00-6:45 PM  <b>STRETCH &amp; TONE</b> 7:00-8:00 PM	7 <b>ZUMBA WITH ISAAC</b> 9:30-10:30 AM  <b>ZUMBA WITH ISAAC</b> <i>Virtual - 7:00-8:00 PM</i>	8 <b>YOGA</b> 10:30-11:30 AM  <b>TAE KWON DO - BEG</b> 6:30-7:15 PM <b>TAE KWON DO - ADV</b> 7:15-8:00 PM	9	10 <b>WHEELCHAIR TENNIS @ MONTVERDE ACADEMY TENNIS COURTS</b>  10:00 AM-11:00 AM 11:00 AM-12:00 PM
11	12	13 <b>BALLET &amp; HIP HOP</b> 6:00-6:45 PM  <b>STRETCH &amp; TONE</b> 7:00-8:00 PM	14 <b>ZUMBA WITH ISAAC</b> 9:30-10:30 AM  <b>ZUMBA WITH ISAAC</b> <i>Virtual - 7:00-8:00 PM</i>	15 <b>YOGA</b> 10:30-11:30 AM  <b>TAE KWON DO - BEG</b> 6:30-7:15 PM <b>TAE KWON DO - ADV</b> 7:15-8:00 PM	16	17 <b>ADAPTIVE HIKE @ LAKE LOUISA STATE PARK</b>
18	19	20 <b>BALLET &amp; HIP HOP</b> 6:00-6:45 PM  <b>STRETCH &amp; TONE</b> 7:00-8:00 PM	21 <b>ZUMBA WITH ISAAC</b> 9:30-10:30 AM  <b>ZUMBA WITH ISAAC</b> <i>Virtual - 7:00-8:00 PM</i>	22 <b>YOGA</b> 10:30-11:30 AM  <b>TAE KWON DO - BEG</b> 6:30-7:15 PM <b>TAE KWON DO - ADV</b> 7:15-8:00 PM	23	24
25	26	27 <b>BALLET &amp; HIP HOP</b> 6:00-6:45 PM  <b>STRETCH &amp; TONE</b> 7:00-8:00 PM	28 <b>ZUMBA WITH ISAAC</b> 9:30-10:30 AM  <b>ZUMBA WITH ISAAC</b> <i>Virtual - 7:00-8:00 PM</i>	29 <b>YOGA</b> 10:30-11:30 AM  <b>TAE KWON DO - BEG</b> 6:30-7:15 PM <b>TAE KWON DO - ADV</b> 7:15-8:00 PM	30	31

