

# NOVEMBER 2020




Monday-Friday 8am - 6pm  
 Saturday & Sunday Closed  
 Tues. & Thurs. Evenings: Open for Classes Only

SUN	MON	TUE	WED	THU	FRI	SAT
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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

1	2	3	ZUMBA WITH ISAAC 9:30-10:30 AM  ZUMBA WITH ISAAC Virtual - 7:00-8:00 PM	5 YOGA 10:30-11:30 AM   <a href="http://www.cfldreamplex.com/glow2020">www.cfldreamplex.com/glow2020</a> Registration Required	6	7 WHEELCHAIR TENNIS 10:00 or 11:00 AM Montverde Academy  SLED HOCKEY 4:10-5:25 PM
8	9	10 BALLET & HIP HOP 6:00-6:45 PM  STRETCH & TONE 7:00-8:00 PM	11 ZUMBA WITH ISAAC 9:30-10:30 AM  ZUMBA WITH ISAAC Virtual - 7:00-8:00 PM	12 YOGA 10:30-11:30 AM  TAE KWON DO - BEG 6:30-7:15 PM  TAE KWON DO - ADV 7:15-8:00 PM	13	14 THE DREAMPLEX RELAYS TRACK & FIELD 9:00-12:00 PM Montverde Academy
15	16	17 BALLET & HIP HOP 6:00-6:45 PM  STRETCH & TONE 7:00-8:00 PM	18 ZUMBA WITH ISAAC 9:30-10:30 AM  ZUMBA WITH ISAAC Virtual - 7:00-8:00 PM	19 YOGA 10:30-11:30 AM  TAE KWON DO - BEG 6:30-7:15 PM  TAE KWON DO - ADV 7:15-8:00 PM	20	21 SLED HOCKEY 5:35-6:50 PM
22	23	24	25 ZUMBA WITH ISAAC 9:30-10:30 AM  ZUMBA WITH ISAAC Virtual - 7:00-8:00 PM	26 DREAMPLEX CLOSED 🍊	27	28
29	30					