

DECEMBER 2020




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

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

		<p>1</p> <p>BALLET & HIP HOP 6:00-6:45 PM</p> <p>STRETCH & TONE 7:00-8:00 PM</p>	<p>2</p> <p>ZUMBA WITH ISAAC 9:30-10:30 AM</p> <p>ZUMBA WITH ISAAC <i>Virtual - 7:00-8:00 PM</i></p>	<p>3</p> <p>YOGA 10:30-11:30 AM</p> <p>TAE KWON DO - BEG 6:30-7:15 PM</p> <p>TAE KWON DO - ADV 7:15-8:00 PM</p>	4	5
6	7	<p>8</p> <p>BALLET & HIP HOP 6:00-6:45 PM</p> <p>STRETCH & TONE 7:00-8:00 PM</p>	<p>9</p> <p>ZUMBA WITH ISAAC 9:30-10:30 AM</p> <p>ZUMBA WITH ISAAC <i>Virtual - 7:00-8:00 PM</i></p>	<p>10</p> <p>YOGA 10:30-11:30 AM</p> <p>TAE KWON DO - BEG 6:30-7:15 PM</p> <p>TAE KWON DO - ADV 7:15-8:00 PM</p>	11	<p>12</p> <p>WHEELCHAIR TENNIS 10:00 or 11:00 AM <i>Montverde Academy</i></p>
13	<p>14</p> <p>TAE KWON DO - BEG 6:30-7:15 PM <i>(Make-up Class)</i></p> <p>TAE KWON DO - ADV 7:15-8:00 PM <i>(Make-up Class)</i></p>	<p>15</p> <p>BALLET & HIP HOP 6:00-6:45 PM</p> <p>STRETCH & TONE 7:00-8:00 PM</p>	<p>16</p> <p>ZUMBA WITH ISAAC 9:30-10:30 AM</p> <p>ZUMBA WITH ISAAC <i>Virtual - 7:00-8:00 PM</i></p>	<p>17</p> <p>YOGA 10:30-11:30 AM</p> <p>TAE KWON DO - BEG 6:30-7:15 PM</p> <p>TAE KWON DO - ADV 7:15-8:00 PM</p>	18	<p>19</p> <p>ADAPTIVE HIKE @ LAKE LOUISA STATE PARK</p>
20	21	<p>22</p> <p>STRETCH & TONE 7:00-8:00 PM</p>	<p>23</p> <p>ZUMBA WITH ISAAC 9:30-10:30 AM</p> <p>ZUMBA WITH ISAAC <i>Virtual - 7:00-8:00 PM</i></p>	<p>24</p> <p>DREAMPLEX HOURS MAY CHANGE DUE TO HOLIDAY CHECK WITH FRONT DESK</p>	<p>25</p> <p>DREAMPLEX CLOSED </p>	26
27	28	<p>29</p> <p>STRETCH & TONE 7:00-8:00 PM</p>	<p>30</p> <p>ZUMBA WITH ISAAC 9:30-10:30 AM</p> <p>ZUMBA WITH ISAAC <i>Virtual - 7:00-8:00 PM</i></p>	<p>31</p> <p>DREAMPLEX HOURS MAY CHANGE DUE TO HOLIDAY CHECK WITH FRONT DESK</p>		