

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 6:00am-Time Buster-20 min 6:30am-Stable N Strong-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:15pm-Total Body Burn-35 min 5:15pm-TKO Athletica-50 min	4	5 5:15am-Fast N Furious-35 min 6:00am-Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:00am-Fit 360-50 min 6:15pm-Moon Salutation-35 min 7:00pm-Perfect Punches-35 min	6 5:15am-From All Angles-20 min 5:45am-Dynamic Pilates-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-KIDS-Purposeful Play-15 min 6:15pm-Long and Lean-35 min 7:00pm-Refreshing Flow-50 min	7	8
9	10 6:00am-Time Buster-20 min 6:30am-Stable N Strong-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:15pm-Total Body Burn-35 min 5:15pm-TKO Athletica-50 min	11	12 5:15am-Fast N Furious-35 min 6:00am-Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:00am-Fit 360-50 min 6:15pm-Moon Salutation-35 min 7:00pm-Perfect Punches-35 min	13 5:15am-From All Angles-20 min 5:45am-Dynamic Pilates-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-KIDS-Purposeful Play-15 min 6:15pm-Long and Lean-35 min 7:00pm-Refreshing Flow-50 min	14	15
16	17 6:00am-Time Buster-20 min 6:30am-Stable N Strong-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:15pm-Total Body Burn-35 min 5:15pm-TKO Athletica-50 min	18	19 5:15am-Fast N Furious-35 min 6:00am-Perfect Blend-35 min 8:15am-Silver & Fit-35 min 10:00am-Walk and Talk 6:15pm-Moon Salutation-35 min 7:00pm-Perfect Punches-35 min	20 Safe Sitter Class – 9am-3pm *pre-registration required 6:15pm-Long and Lean-35 min 7:00pm-Refreshing Flow-50 min	21	22
23/ 30	24 6:00am-Time Buster-20 min 6:30am-Stable N Strong-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:15pm-Total Body Burn-35 min 5:15pm-TKO Athletica-50 min	25	26 5:15am-Fast N Furious-35 min 6:00am-Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:00am-Fit 360-50 min 6:15pm-Moon Salutation-35 min 7:00pm-Perfect Punches-35 min	27 5:15am-From All Angles-20 min 5:45am-Dynamic Pilates-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-KIDS-Purposeful Play-15 min 6:15pm-Long and Lean-35 min 7:00pm-Refreshing Flow-50 min	28	29

QUESTIONS? Contact wellnesscenter@fl-hs.org