


May Mad Beach Rec Fitness & Events

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Abbreviations BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club	Madeira Beach Yoga Madeirabeachyoga.com Seriously Fun Fitness Seriouslyfunfitness.com		5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH 6PM Cardio Drumming Madeira Way Market	9AM Cardio Drumming CC Zumba w/ Cheryl 9:15am BVH 6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming Captains Party 6pm
5	6	7	8	9	10	11
	5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 6:30PM Cardio Drumming MBSC MEETING 1PM 10am Bridge Lessons	9AM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH 6PM Cardio Drumming Madeira Way Market	9AM Cardio Drumming CC Zumba w/ Cheryl 9:15am BVH 6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming NSA SOFTBALL
12	13	14	15	16	17	18
	5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 6:30PM Cardio Drumming 10am Bridge Lessons	9AM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH 6PM Cardio Drumming Madeira Way Market	9AM Cardio Drumming Zumba w/ Cheryl 9:15am BVH 6PM Cardio Drumming MBSC Lunch Bunch	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming
19	20	21	22	23	24	25
	5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 6:30PM Cardio Drumming 10am Bridge Lessons	9AM Cardio Drumming MBSC TRIP	5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH 6PM Cardio Drumming Madeira Way Market	9AM Cardio Drumming Zumba w/ Cheryl 9:15am BVH 6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming
26	27	28	29	30	31	
	Memorial Day CITY CLOSED	9AM Cardio Drumming District Softball Tournament	5:30, 7 & 9AM H2T 9am Bridge \$ Zumba w/Liza BVH 6PM Cardio Drumming Madeira Way Market District Softball Tourn. LAST DAY OF SCHOOL	9AM Cardio Drumming Zumba w/ Cheryl 9:15am BVH District Softball Tournament 6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning District Softball Tournament Final Friday 6-9pm Johns Pass	

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