May Mad Beach Rec Fitness & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Abbreviations	Madeira Beach Yoga		5:30, 7 & 9AM Head-	9AM Cardio Drumming	5:30, 7 & 9AM Head-	9AM Cardio Drumming
BVH= Boca View Hall	Madeirabeachyoga.com	STORES	to-Toe Conditioning	CC	to-Toe Conditioning	
CC= City Centre Room			9am Bridge \$	Zumba w/ Cheryl 9:15am BVH		
OW= Ocean Walk	Seriously Fun Fitness	EL - L	Zumba w/Liza			Captains Party 6pm
MBSC= Madeira Beach	Seriouslyfunfitness.com	ADLAS COOK.	10:30am BVH			Captains Party opm
Social Club			6PM Cardio Drumming Madeira Way Market	6PM Cardio Drumming		
			•	•	10	
5	6 5:30, 7 & 9AM Head-to-	7 9AM Cardio Drumming	8 5:30, 7 & 9AM Head-	9 9AM Cardio Drumming	10 5:30, 7 & 9AM Head-	9AM Cardio Drumming
	Toe Conditioning	9AM Cardio Drumming	to-Toe Conditioning	CC	to-Toe Conditioning	9AM Cardio Drumming
	9AM Cardio Drumming		9am Bridge \$	Zumba w/ Cheryl	······································	
	6:30PM Cardio		Zumba w/Liza	9:15am BVH		NSA SOFTBALL
	Drumming		10:30am BVH			NSA SOF I BALL
	MBSC MEETING 1PM		6PM Cardio Drumming	6PM Cardio Drumming		
	10am Bridge Lessons		Madeira Way Market			
12	13	14	15	16	17	18
	5:30, 7 & 9AM Head-to-	9AM Cardio Drumming	5:30, 7 & 9AM Head-	9AM Cardio Drumming	5:30, 7 & 9AM Head-	9AM Cardio Drumming
	Toe Conditioning		to-Toe Conditioning	Zumba w/ Cheryl	to-Toe Conditioning	
	9AM Cardio Drumming 6:30PM Cardio		9am Bridge \$	9:15am BVH		
	Drumming		Zumba w/Liza			
			10:30am BVH	6PM Cardio Drumming		
	10am Bridge Lessons		6PM Cardio Drumming	MBSC Lunch Bunch		
			Madeira Way Market			
19	20	21	22	23	24	25
	5:30, 7 & 9AM Head-to-	9AM Cardio Drumming	5:30, 7 & 9AM Head-	9AM Cardio Drumming	5:30, 7 & 9AM Head-	9AM Cardio Drumming
	Toe Conditioning 9AM Cardio Drumming		to-Toe Conditioning	Zumba w/ Cheryl 9:15am BVH	to-Toe Conditioning	
	6:30PM Cardio		9am Bridge \$	9.15alli DVH		
	Drumming		Zumba w/Liza			
		MBSC TRIP	10:30am BVH			
	10am Bridge Lessons		6PM Cardio Drumming Madeira Way Market	6PM Cardio Drumming		
26	27	28	29	30	31	
	Memorial Day	9AM Cardio Drumming	5:30, 7 & 9AM H2T 9am Bridge \$	9AM Cardio Drumming Zumba w/ Cheryl	5:30, 7 & 9AM Head- to-Toe Conditioning	
			Zumba w/Liza BVH	9:15am BVH	District Softball	
	CITY CLOSED	District Softball	6PM Cardio Drumming	District Softball	Tournament	
	CITI CLUSED	Tournament	Madeira Way Market	Tournament		
		Tournament	District Softball Tourn.		Final Friday 6-9pm	
			LAST DAY OF SCHOOL	6PM Cardio Drumming		
				_	Johns Pass	