



November Mad Beach Rec Fitness & Events

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC King of the Beach	5:30, 7 & 9am Head-to-Toe Conditioning General Election – CC King of the Beach	9am Cardio Drumming General Election - CC King of the Beach
6	7	8	9	10	11	12
General Election - CC	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming General Election – CC	830am Cardio Drumming-CC General Election - CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming General Election – CC	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC General Election – CC	5:30, 7 & 9am Head-to-Toe Conditioning General Election - CC	9am Cardio Drumming
13	14	15	16	17	18	19
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming
20	21	22	23	24	25	26
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming
27	28	29	30			
 	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market		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