



December Mad Beach Rec Fitness & Events

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p><u>Abbreviations</u> BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club</p>	<p>Madeira Beach Yoga Madeirabeachyoga.com</p> <p>Seriously Fun Fitness Seriouslyfunfitness.com</p>			<p>830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC</p>	<p>5:30, 7 & 9am Head-to-Toe Conditioning</p>	<p>NSA Tournament</p>
4	5	6	7	8	9	10
<p>NSA Tournament</p>	<p>5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming</p>	<p>830am Cardio Drumming-CC</p>	<p>5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach - Archibald Park 9am-10am</p>	<p>830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC</p>	<p>5:30, 7 & 9am Head-to-Toe Conditioning</p>	<p>9am Cardio Drumming</p>
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
	<p>5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming</p>	<p>830am Cardio Drumming-CC</p>	<p>5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach - Archibald Park 9am-10am</p>	<p>830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC</p>	<p>CITY CLOSED</p>	<p>9am Cardio Drumming</p>
25	26	27	28	29	30	31
<p>Merry Christmas!</p>	<p>CITY CLOSED</p>	<p>830am Cardio Drumming-CC</p>	<p>5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach - Archibald Park 9am-10am</p>	<p>830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC</p>	<p>CITY CLOSED</p>	<p>9am Cardio Drumming</p>