


July Mad Beach Rec Fitness & Events

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Madeira Beach Yoga Madeirabeachyoga.com Seriously Fun Fitness Seriouslyfunfitness.com	<u>Abbreviations</u> BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club				9am Cardio Drumming
2	3	4	5	6	7	8
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming Fireworks: ROC park @9pm	CITY CLOSED	5:30, 7 & 9am Conditioning 6pm Cardio Drumming	6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming
9	10	11	12	13	14	15
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming		5:30, 7 & 9am Conditioning 6pm Cardio Drumming NSA	6pm Cardio Drumming-CC NSA	5:30, 7 & 9am Head-to-Toe Conditioning NSA	9am Cardio Drumming NSA
16	17	18	19	20	21	22
NSA	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming		5:30, 7 & 9am Conditioning 6pm Cardio Drumming	6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning RBI Softball	9am Cardio Drumming RBI Softball
23	24	25	26	27	28	29
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming		5:30, 7 & 9am Conditioning 6pm Cardio Drumming	6pm Cardio Drumming-CC		9am Cardio Drumming
30 Just for Fun Softball Tournament	31 5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming				Final Friday	Just for Fun Softball Tournament

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 for more information!

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