


# August Mad Beach Rec Fitness & Events

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			5:30, 7 & 9AM Head-to-Toe Conditioning  6PM Cardio Drumming	6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning  Last day of Summer Camp	9AM Cardio Drumming  <b>FISH KIDS</b>
6	7	8	9	10	11	12
	5:30, 7 & 9AM Head-to-Toe Conditioning  9AM Cardio Drumming 7PM Cardio Drumming		5:30, 7 & 9AM Head-to-Toe Conditioning  6PM Cardio Drumming	6PM Cardio Drumming  Afterschool Care Begins	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming
13	14	15	16	17	18	19
	5:30, 7 & 9AM Head-to-Toe Conditioning  9AM Cardio Drumming 7PM Cardio Drumming		5:30, 7 & 9AM Head-to-Toe Conditioning  6PM Cardio Drumming	6PM Cardio Drumming	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  9AM Cardio Drumming 7PM Cardio Drumming		5:30, 7 & 9AM Head-to-Toe Conditioning  6PM Cardio Drumming	6PM Cardio Drumming	5:30, 7 & 9AM Head-to-Toe Conditioning	9AM Cardio Drumming  <b>NSA TOURNAMENT</b>
27	28	29	30	31		
<b>NSA TOURNAMENT</b>	5:30, 7 & 9AM Head-to-Toe Conditioning  9AM Cardio Drumming 7PM Cardio Drumming		5:30, 7 & 9AM Head-to-Toe Conditioning  6PM Cardio Drumming	6PM Cardio Drumming	<u>Abbreviations</u> 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

Follow us on Facebook & Visit  
[MadeiraBeachFL.gov/Recreation](http://MadeiraBeachFL.gov/Recreation)  
 for more information!

--	--	--	--	--	--	--