AUGUST 2020

CENTRAL FLORIDA DREAMPLEX
ORDINARY SPORTS FOR EXTRAORDINARY PEOPLE

Monday-Friday 8am - 4pm
Saturday & Sunday Closed

SUN	MON	TUE	WED	THU	FRI	SAT
Zumba with Isaac and Yoga will be offered virtually. A small number of active members will be invited to participate in person during Yoga at the Dreamplex						1
2	3	4 **BALLET & HIP HOP** *6:00-6:45 PM* **STRETCH & TONE** *7:00-8:00 PM*	5 **ZUMBA WITH ISAAC** *3:00-4:00 PM*	6 **YOGA** 10:30-11:30 AM **TAE KWON DO - BEG.** *6:30-7:15 PM* **TAE KWON DO - ADV.** *7:15-8:00 PM*	7	8
9	10	11 **BALLET & HIP HOP** *6:00-6:45 PM* **STRETCH & TONE** *7:00-8:00 PM*	12 **ZUMBA WITH ISAAC** *3:00-4:00 PM*	13 **YOGA** 10:30-11:30 AM **TAE KWON DO - BEG.** *6:30-7:15 PM* **TAE KWON DO - ADV.** *7:15-8:00 PM*	14	15
16	17	18 **BALLET & HIP HOP** *6:00-6:45 PM* **STRETCH & TONE** *7:00-8:00 PM*	19 **ZUMBA WITH ISAAC** *3:00-4:00 PM*	20 **YOGA** 10:30-11:30 AM **TAE KWON DO - BEG.** *6:30-7:15 PM* **TAE KWON DO - ADV.** *7:15-8:00 PM*	21	22
23	24	25 **BALLET & HIP HOP** *6:00-6:45 PM* **STRETCH & TONE** *7:00-8:00 PM*	26 **ZUMBA WITH ISAAC** *3:00-4:00 PM*	27 **YOGA** 10:30-11:30 AM **TAE KWON DO - BEG.** *6:30-7:15 PM* **TAE KWON DO - ADV.** *7:15-8:00 PM*	28	29
30	31					

2400 S. Hwy. 27, Suite B201, Clermont, FL **352-394-0212** **www.cfldreamplex.com**

Central Florida Dreamplex
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