

MONTHLY CALENDAR



MONTHLY CALENDAR			COASTAL LIVING			
SUN	MON	TUE	WED	THU	FRI	SAT
			LONGEV	2 LONGEV	LONGEV	4 Longev
			DANCERCISE CLASS 10:15 am	FUNCTIONAL FITNESS 1:00pm	ZUMBA 9:30 am	PILATES 8:30am
			JIU JITSU LITTLE ONES 5:00pm	DANZA FOR KIDS (Ages 2-4) 4:00pm	SPECIAL	
			JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm	BBU	
			JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm	5:00pm-8:00pm	
5	6	7	8	9	10	BEACH CLUB CLOSED
ON ONE CLUB	LONGEV	LONGEV	LONGEV	LONGEV	LONGEV	LONGEV
RUNNING CLUB ULTRAFIT - 6:45am	BARRE 9:00am	ZUMBA CLASS 9:30am	DANCERCISE CLASS 10:15 am	FUNCTIONAL FITNESS	ZUMBA 9:30 am	PILATES 8:30am
	JIU JITSU LITTLE ONES 5:00pm	FUNCTIONAL FITNESS 1:00pm	JIU JITSU LITTLE ONES 5:00pm	DANZA FOR KIDS (Ages 2-4) 4:00pm		
	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm		
	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm		
BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED
12	13 LONGEV	14 LONGEV	15 LONGEV	16	17	18 Longev
	BARRE 9:00am	ZUMBA CLASS 9:30am	DANCERCISE CLASS	FUNCTIONAL FITNESS	ZUMBA 9:30 am	PILATES 8:30am
	JIU JITSU LITTLE ONES 5:00pm	FUNCTIONAL FITNESS	JIU JITSU LITTLE ONES 5:00pm	DANZA FOR KIDS	3.30 di 11	
	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm	JIU JITSU FOR KIDS 5:40pm	(Ages 2-4) 4:00pm DANZA FOR KIDS (Ages 5-7) 5:00pm		
	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm		
BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED
19	20	21	22	23	24	25
RUNNING CLUB	LONGEV	LONGEV	LONGEV	LONGEV	LONGEV	LONGEV
MOMO - 6:45am	BARRE 9:00am	ZUMBA CLASS 9:30am	DANCERCISE CLASS 10:15 am	FUNCTIONAL FITNESS 1:00pm	ZUMBA 9:30 am	8:30am
	JIU JITSU LITTLE ONES 5:00pm	FUNCTIONAL FITNESS 1:00pm	JIU JITSU LITTLE ONES 5:00pm	DANZA FOR KIDS (Ages 2-4) 4:00pm		
	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm		
BEACH CLUB CLOSED	6:30pm BEACH CLUB CLOSED	(Ages 8-11) 6:00pm	JIU JITSU FOR ADULTS 6:30pm BEACH CLUB CLOSED	DANZA FOR KIDS (Ages 8-11) 6:00pm	BEACH CLUB CLOSED	BEACH CLUB CLOSED
26	27	28	29	30	31	
	LONGEV	LONGEV	LONGEV	LONGEV	LONGEV	
	BARRE 9:00am	ZUMBA CLASS 9:30am	DANCERCISE CLASS 10:15 am	FUNCTIONAL FITNESS 1:00pm	ZUMBA 9:30 am	
	JIU JITSU LITTLE ONES 5:00pm	FUNCTIONAL FITNESS 1:00pm	JIU JITSU LITTLE ONES 5:00pm	DANZA FOR KIDS (Ages 2-4) 4:00pm		
	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm	JIU JITSU FOR KIDS 5:40pm	DANZA FOR KIDS (Ages 5-7) 5:00pm		
	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm	JIU JITSU FOR ADULTS 6:30pm	DANZA FOR KIDS (Ages 8-11) 6:00pm		
BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	BEACH CLUB CLOSED	