


SUN MON TUE WED THU FRI SAT


APRIL
OT Appreciation Month
Autism Awareness Month

1

2
CHAIR YOGA
10:45-11:30 AM
TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

3

GOOD FRIDAY - DREAMPLEX CLOSED!

4

5

EASTER SUNDAY

6
CARDIO BOXING
6:30-7:15 PM
ZUMBA
7:15-8:00 PM

7
ZUMBA
10:30-11:15 AM
STRETCH & TONE
7:15-8:00 PM

8

9
CHAIR YOGA
10:45-11:30 AM
TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

10

11

12


13
CARDIO BOXING
6:30- 7:15 PM
ZUMBA
7:15-8:00 PM

14
ZUMBA
10:30-11:15 AM
STRETCH & TONE
7:15-8:00 PM

15

16

17

18
FLAG FOOTBALL CLINIC AT UCF
2:00 PM - 4:00 PM

REGISTRATION REQUIRED

19

20
CARDIO BOXING
6:30-7:15 PM
ZUMBA
7:15-8:00 PM

21
ZUMBA
10:30-11:15 AM
STRETCH & TONE
7:15-8:00 PM

22

EARTH DAY

23
CHAIR YOGA
10:45-11:30 AM
TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

24

25

26

27
CARDIO BOXING
6:30-7:15 PM
ZUMBA
7:15-8:00 PM

28
ZUMBA
10:30-11:15 AM
STRETCH & TONE
7:15-8:00 PM

29

30
CHAIR YOGA
10:45-11:30 AM
TAE KWON DO (BEG)
6:30-7:15 PM
TAE KWON DO (ADV)
7:15-8:00 PM

Mon-Fri: 8am - 6pm

Sat & Sun: Closed

Mon, Tues, Thurs Evenings: Open for Classes Only

www.cfldreamplex.com 352-394-0212

