








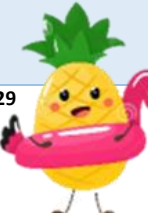




JULY 2023

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
						1 
2 	3. 9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-10:30am Computer Classes (Clases de computacion) 10:30am-11:30am computer classes/ clases de computacion 10am-1pm- Craft Manualidades	4 	5.9am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	6.9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	7 9am-1pm Gym 9:30am-1pm Domino (senior Room)	8 
	10.9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-10:30am Computer Classes (Clases de computacion) 10:30am-11:30am computer classes/ clases de computacion 10am-1pm- Craft Manualidades	11 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	12.9am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	13.9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	14 9am-1pm Gym 9:30am-1pm Domino (senior Room)	15 
16 	17.9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-10:30am Computer Classes (Clases de computacion) 10:30am-11:30am computer classes/ clases de computacion 10am-1pm- Craft Manualidades	18 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	19.9am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	20. 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	21 9am-1pm Gym 9:30am-1pm Domino (senior Room) 10:30am-12:30pm (Birthday Celebration) Sponsored by Leon Medical	22 
	24.9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-10:30am Computer Classes (Clases de computacion) 10:30am-11:30am computer classes/ clases de computacion 10am-1pm- Craft Manualidades	25 9:30am-10:30am Fitness Classes & Stretching 10:45am-12pm Gym & Stretching Routine 12:15pm-1pm Puzzle (Art Room)	26.9am-1pm (Gym Seniors) Gimnasio para adultos 9:30am-10:30am Computer classes/clases de computacion 10:30am-11:30am Computer classes/clases de computacion 10am-1pm Domino	27 9:30am-10:30am Fitness Classes/Ejercicios Fisicos y de estiramiento 10:45am-12pm Gym stretching Routine (rutina de Estiramientos) 12:15-1pm Puzzle (Art Room)	Center 9am-1pm Gym 9:30am-1pm Domino (senior Room)	29 
30 	31.9am-1pm (Gym Seniors) Gimnasio para seniors 9:30am-10:30am Computer Classes (Clases de computacion) 10:30am-11:30am computer classes/ clases de computacion 10am-1pm- Craft Manualidades					

Tuesday & Thursday: 9:30am-12pm Fitness Classes & Stretching /Martes y Jueves Ejercicios Fisicos y de Estiramiento

July 21-10:30am-12:30pm- Birthday Celebration (Sponsored by Leon Medical Center)

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 6030 S.W 2nd St
 Miami, FL 33144
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