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Please click the class link below, download the Zoom app and make a profile.

On the day of class enter the meeting ID and password.

PASSWORD FOR ALL CLASSES IS miamiparks (all lowercase no spaces)

AUGUST/AGOSTO2023

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>Antonio Maceo Park 5135 NW 7 St. Miami, FL, 33126 (305) 960-2930</p> 	<p>1 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM</p> <p><u>YOGA/YOGA</u> 10:30am– 12:00pm</p> <p>DECORATIO CLASS 1:20-2:30</p>	<p>2 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>3 <u>DOMINO</u> 8:00am-5:00pm</p> <p><u>PRAYER/ORACIÓN</u> 11:00am-12:00pm</p> <p><u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p> 	<p>4 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm</p>
<p>7 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm BINGO 1:30-3:30 COOKING</p>	<p>8 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM</p> <p><u>YOGA/YOGA</u> 10:30am– 12:00pm</p> <p>DECORATIO CLASS 1:20-2:30</p>	<p>9 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>10 <u>DOMINO</u> 8:00am-5:00pm</p> <p><u>PRAYER/ORACIÓN</u> 11:00am-12:00pm</p>  <p><u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>11 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm</p>
<p>14 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>15 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30AM-10:30AM</p> <p><u>YOGA/YOGA</u> 10:30am– 12:00pm</p> <p>DECORATIO CLASS 1:20-2:30</p>	<p>16 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>17 <u>DOMINO</u> 8:00am-5:00pm</p> <p><u>PRAYER/ORACIÓN</u> 11:00am-12:00pm</p>  <p><u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>18 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm</p>
<p>21 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm BINGO 11:30-3:30</p>	<p>22 <u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30am-10:30am</p> <p><u>YOGA/YOGA</u> 10:30am– 12:00pm</p> <p>DECORATIO CLASS 1:20-2:30</p>	<p>23 <u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>24 <u>DOMINO</u> 8:00am-5:00pm <u>PRAYER/ORACIÓ</u> 11:00am-12:00pm</p>  <p><u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	<p>25 <u>DOMINO</u> 8:00am-5:00pm <u>STRECHING/ ESTIRAMIENTOS</u> 9:00am-10:00am <u>STRECHING/ ESTIRAMIENTOS</u> 10:30am-11:30am <u>STRECHING/ ESTIRAMIENTOS</u> 12:00pm-1:00pm</p>
<p>28</p> <p><u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p> <p>BINGO 1:30-3:30</p>	<p>29</p> <p><u>DOMINO</u> 8:00am-5:00pm <u>NEEDLEPOINT/ CANVAS</u> 8:30am-10:30am</p> <p><u>YOGA/YOGA</u> 10:30am– 12:00pm</p> <p>DECORATIO CLASS 1:30-3:30</p>	<p>30</p> <p><u>DOMINO</u> 8:00am-5:00pm <u>FITNESS/FITNESS</u> 9:00am-10:00am <u>FITNESS/FITNESS</u> 10:30am-11:30am <u>FITNESS/FITNESS</u> 12:00pm-1:00pm</p>	<p>31</p> <p><u>DOMINO</u> 8:00am-5:00pm <u>PRAYER/ORACIÓ</u> 11:00am-12:00pm</p> <p><u>MEMORY/ MEMORIA</u> 2:00pm-4:00pm</p>	

