



Wellness Center: SW ORLANDO

Address: 8803 Futures Dr. Suite 13 Orlando FL 32819

Phone Number: 407-768-4676



Monday Tuesday Wednesday Thursday Friday

		1 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	2 9am Coffee Time 10am Cardio Boxing 12pm Hearty Snack 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	3 9am Teatime 10am Brain Gym 11am Meditation 1pm Art and Craft 2pm Art and Craft 3pm Training 1:1
6 9am Coffee Time 10am Band Workout 11am Cardio Time 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	7 9am Zumba Gloria 10am Total Body 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	8 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	9 9am Coffee Time 10am Cardio Boxing 12pm Hearty Snack 1pm TeaTime 2pm Read and Learn 3pm Training 1:1	10 9am Teatime 10am Brain Gym 11am Meditation 1pm Art and Craft 2pm Art and Craft 3pm Training 1:1
13 9am Coffee Time 10am Band Workout 11am Cardio Time 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	14 9am Zumba Gloria 10am Total Body 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	15 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	16 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	17 9am Teatime 10am Brain Gym 11am Meditation 1pm Art and Craft 2pm Art and Craft 3pm Training 1:1
20 9am Coffee Time 10am Band Workout 11am Cardio Time 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	21 9am Zumba Gloria 10am Total Body 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	22 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	23 9am Coffee Time 10am Circuit Training 11am Stretching 1pm HES Tummy Talk 2pm Training 1:1 3pm Training 1:1	24
27 9am Coffee Time 10am Band Workout 11am Cardio Time 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	28 9am Zumba Gloria 10am Total Body 11am Recovery Time 1pm 2pm Training 1:1 3pm Training 1:1	29 9am Coffee Time 10am Circuit Training 11am Stretching 1pm Recovery Time 2pm Training 1:1 3pm Training 1:1	30 9am Teatime 10am Brain Gym 11am Meditation 1pm Birthdays of the Month	

SPECIAL EVENTS

April 23th
Health Education Serie
Time: 1:00 PM
Tummy Talk

- *Physical Exercises
- *Social
- *Arts & Crafts
- *Educational



Lunes Martes Miercoles Jueves Viernes

		1	2	3
		9am Cafe 10am Circuit de fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Café 10am Cardio en Boxeo 12pm Comida y Salud 1pm TeaTime 2pm Lee y Aprende 3pmEntrena 1:1	9am Tiempo Te 10am Ejer. para la mente 11am Meditation 1pm Manualidades 2pm Manualidades 3pm Entrena 1:1
6	7	8	9	10
9am Café 10am Ejer. Bandas 11am Cardio Time 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Café 10am Cardio en Boxeo 12pm Comida y Salud 1pm TeaTime 2pm Lee y Aprende 3pmEntrena 1:1	9am Tiempo Te 10am Ejer. para la mente 11am Meditation 1pm Manualidades 2pm Manualidades 3pm Entrena 1:1
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9am Café 10am Ejer. Bandas 11am Cardio Time 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Café 10am Cardio en Boxeo 12pm Comida y Salud 1pm TeaTime 2pm Lee y Aprende 3pmEntrena 1:1	9am Tiempo Te 10am Ejer. para la mente 11am Meditation 1pm Manualidades 2pm Manualidades 3pm Entrena 1:1
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9am Café 10am Ejer. Bandas 11am Cardio Time 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Café 10am Cardio en Boxeo 12pm Comida y Salud 1pm CHARLA EDUCA 2pm Lee y Aprende 3pmEntrena 1:1	9am Tiempo Te 10am Ejer. para la mente 11am Meditation 1pm Manualidades 2pm Manualidades 3pm Entrena 1:1
27	28	29	30	
9am Café 10am Ejer. Bandas 11am Cardio Time 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Zumba Gloria 10am Estiramiento 11am Recuperacion 1pm 2pm Entrena 1:1 3pm Entrena 1:1	9am Café 10am Cardio en Boxeo 12pm Comida y Salud 1pm TeaTime 2pm Lee y Aprende 3pmEntrena 1:1	

EVENTOS ESPECIALES

Abril 23
Serie de Educacion sobre la salud
Hora: 1:00 PM
Charla educativa sobre el estomago

- *Ejercicios
- *Social
- *Manualidades
- *Educativa

