
































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:30 AM	 8:30am Michele	 8:15am Lorelle	 8:30am Michele	 8:15am Leslie	 8:30am Michele	 8:30am Cheryl		
9:30 AM	 9:30am Carly	 9:30am Cameron	 9:30am Danielle	 9:30am Hana	 9:30am Cameron	 9:30am Danielle	 9:30am Meghan	
10:30 AM	 10:30am Carly	 10:40am Barbara	 10:30am Nicole	 10:40am Barbara	 10:30am Carly	 Bill & Jean/ Larry & Cheryl 10:30am		
11:30 AM	 11:35am Tracy	<b>Senior Circuit</b> 11:40am Larry	 11:35am Tracy	<b>Senior Circuit</b> 11:40am Larry	Our Group Fitness Schedule Is Always Online At: <a href="http://www.DunedinFamFit.com">www.DunedinFamFit.com</a>			
5:00 PM	<b>CORE Complete</b> 5:00pm-5:30pm Shelley	 5:00pm – 6:00pm Shelley	<b>CORE Complete</b> 5:00pm-5:30pm Carly	2646 Bayshore Blvd. Dunedin, FL 34698 • 727-736-6698 Group Fitness Director: Carly Nelson Carly@DunedinFamFit.com  General Manager: Shaun Bryant Sbryant@DunedinFamFit.com				
5:30 PM	 5:30pm Shelley	 6:00pm Shelley	 5:30pm Larry & Cheryl					 5:30pm Carrie/Steffany
6:30 PM	 6:30pm Larry & Cheryl	 7:00pm Cheryl	 6:45pm Nicole	 6:30pm Cheryl	Monday - Friday	8:30am- 12:00pm	Monday – Thursday	5am-10pm
					Monday - Thursday	4:00pm- 8:30pm	Friday	5am-9pm
7:30 PM					Saturday	8:30am- 12:00pm	Saturday	7am-6pm
					Sunday	Closed	Sunday	7am-5pm

**Did you know BodyFlow is a mixture of Yoga, Tai Chi, and Pilates? Give it a try!!**