

BOCA RATON **WEEKLY** CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

DAY	CLASS ACTIVITY	TIME
MONDAY	Fusion	12 PM
	Movement	12 PM
WEDNESDAY	Boot Camp	3 PM
	Let's Talk! Speech Wellness	4 PM **in person
THURSDAY	Tai Chi	12 PM
FRIDAY	Boxing	12 PM

**LET'S TALK!
SPEECH
WELLNESS**

ZOOM ONLY

**WEDNESDAYS AT 4PM
FRIDAYS AT 1PM**

*INCLUDED WITH FL MDF MEMBERSHIP

- Movement class is Beginner/Intermediate
- Boxing is Intermediate/Advanced
- Fusion is Advanced

SCHEDULING/QUESTIONS

☎561-883-7800

Reservations are required for all classes
\$15/Class or \$100/10 Class Package
\$100/FL MDF Annual Membership*