

# PLANTATION

# WEEKLY CLASSES

## FLORIDA MOVEMENT THERAPY CENTERS

DAY

CLASS ACTIVITY

TIME

WEDNESDAY

**Beat to Defeat**

**3 PM**

THURSDAY

**Boxing**

**9 AM**

**LET'S TALK!  
SPEECH  
WELLNESS**

**ZOOM ONLY**

**WEDNESDAYS AT 4PM**

**FRIDAYS AT 1PM**

**\*INCLUDED WITH FL MDF MEMBERSHIP**

**\$15/Class**

**\$100/10 Class Package**

**\$100/FL MDF Annual Membership\***

**SCHEDULING/QUESTIONS**

**📞 954-900-2594**

**Reservations are required for all classes**