

# BOYNTON WEEKLY CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

## THURSDAY CLASS TIMES

BOXING

CLINIC

11 AM

FUSION

CLINIC

12 PM

BOXING

CLINIC

1 PM

MOVEMENT

CLINIC

2 PM

TAI CHI

FOUNDATION

3 PM

LET'S TALK!  
SPEECH  
WELLNESS

ZOOM ONLY

WEDNESDAYS AT 4PM  
FRIDAYS AT 1PM

\*INCLUDED WITH FL MDF MEMBERSHIP

- Movement class is Beginner/Intermediate
- Fusion/Boxing is Intermediate/Advanced
- \$15/Class or \$100/10 Class Package
- \$100/FL MDF Annual Membership\*

SCHEDULING/QUESTIONS

☎ 561-773-5083

Reservations are required for all classes

# BOYNTON WEEKLY CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

## MONDAY CLASS TIMES

**BOXING**

**CLINIC**

**10 AM**

**MOVEMENT**

**CLINIC**

**11 AM**

**BOXING**

**CLINIC**

**12 PM**

**MOVEMENT**

**CLINIC**

**1 PM**

**LET'S TALK!  
SPEECH  
WELLNESS**

**ZOOM ONLY**

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

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