

SEPT

7 BRIDGES HOA

S	M	T	W	T	F	S
1 8am: Hatha Yoga – FS 9am: Indoor Cycling – MPR 10am: Barre – FS	2 8:30am: Body Sculpt – FS 9:30am: Indoor Cycling – MPR 10:00am: Division 7 Ladies' Team Practice – TC 10:45am: Water Aerobics – LP 12pm: Labor Day Pool Party – PD 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Intro Yoga – FS 6:30pm: Interval Training – MPR 7pm: Men's Round Robin – TC 7pm: Men's High Stakes Poker Club – CR1	3 8:30am: Division 7 Ladies' Team Practice – TC 8:30am: MAT Pilates – FS 10am: Zumba – FS 5:30pm: Yin Yoga – FS 6:30pm: Latin Ballroom – MPR 7:00pm: Palm Beach Royal Men's League Matches –TC 7pm: Men's Low Stakes Poker Club – CR1	4 8:30am: Division 3 Ladies' Team Practice – TC 8:30am: Barre – FS 9:30am: Hatha Yoga – FS 10am: Division 6 Ladies' Matches– TC 10:15am: Aqua Fit – LP 10:30am: Indoor Cycling – MPR 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5pm: Wine Down Wednesday – GL 5:30pm: Slow Flow Yoga – FS 6:30pm: Interval Training – FS 7pm: Co-Ed Bootcamp – TC 7pm Ladies' Bunco CR2	5 8:30am: MAT Pilates – FS 9:30am: HIIT – FS 10:00am: Division 3 & 7 Ladies' Team Matches – TC 11:45am: Tai Chi – FS 5:30pm: Yin Yoga – FS 6:30pm: Indoor Cycling – MPR 7pm: Palm Beach Royal Men's League Matches –TC	6 8:30am: Ladies Doubles Strategy with Adrian – TC 8:30am: Indoor Cycling – MPR 8:30am: Stretch & Tone – FS 9:30am: Sculpt & Stretch – FS 9:30am: Water Aerobics – LP 4pm: Kids' Tennis Day – TC 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC	7 8am: Indoor Cycling – MPR 9am: Glutes, Legs & Abs – FS 9am: Beginners Co-Ed Clinic – TC 10am: Interval Training – FS
8 8am: Hatha Yoga – FS 9am: Indoor Cycling – MPR 10am: Barre – FS 11am: Prime 7 Brunch – R	9 8:30am: Body Sculpt – FS 9:30am: Indoor Cycling – MPR 10:00am: Division 7 Ladies' Team Practice – TC 10:45am: Water Aerobics – LP 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Intro Yoga – FS 6:30pm: Interval Training – MPR 7pm: Men's Round Robin – TC 7pm: Men's High Stakes Poker Club – CR1	10 8:30am: Division 7 Ladies' Team Practice – TC 8:30am: MAT Pilates – FS 10am: Zumba – FS 5:30pm: Yin Yoga – FS 6:30pm: Latin Ballroom – MPR 7:00pm: Palm Beach Royal Men's League Matches –TC 7pm: Men's Low Stakes Poker Club – CR1	11 8:30am: Division 3 Ladies' Team Practice – TC 8:30am: Barre – FS 9:30am: Hatha Yoga – FS 10am: Division 6 Ladies' Matches– TC 10:15am: Aqua Fit – LP 10:30am: Indoor Cycling – MPR 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Slow Flow Yoga – FS 6:30pm: Interval Training – FS 7pm: Co-Ed Bootcamp – TC	12 8:30am: MAT Pilates – FS 9:30am: HIIT – FS 10:00am: Division 3 & 7 Ladies' Team Matches – TC 11:45am: Tai Chi – FS 5:30pm: Yin Yoga – FS 6:30pm: Indoor Cycling – MPR 7pm: Palm Beach Royal Men's League Matches –TC	13 8:30am: Ladies Doubles Strategy with Adrian – TC 8:30am: Indoor Cycling – MPR 8:30am: Stretch & Tone – FS 9:30am: Sculpt & Stretch – FS 9:30am: Water Aerobics – LP 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC	14 8am: Indoor Cycling – MPR 9am: Glutes, Legs & Abs – FS 9am: Beginners Co-Ed Clinic – TC 10am: Interval Training – FS 11am: Kids' Cooking Class – GL
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22 8am: Hatha Yoga – FS 9am: Indoor Cycling – MPR 10am: Barre – FS 5pm: Family Dinner Night – R	23 8:30am: Body Sculpt – FS 9:30am: Indoor Cycling–MPR 10:00am: Division 7 Ladies' Team Practice – TC 10:45am: Water Aerobics – LP 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Intro Yoga – FS 6:30pm: Interval Training – MPR 7pm: Men's Round Robin – TC 7pm: Men's High Stakes Poker Club – CR1	24 8:30am: Division 7 Ladies' Team Practice – TC 8:30am: MAT Pilates – FS 10am: Zumba – FS 5:30pm: Yin Yoga – FS 6:30pm: Latin Ballroom – MPR 7pm: Palm Beach Royal Men's League Matches –TC 7pm: Men's Low Stakes Poker Club – CR1 7pm: Executives Club – GL	25 8:30am: Division 3 Ladies' Team Practice – TC 8:30am: Barre – FS 9:30am: Hatha Yoga – FS 10am: Division 6 Ladies' Matches– TC 10:15am: Aqua Fit – LP 10:30am: Indoor Cycling – MPR 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Slow Flow Yoga – FS 6:30pm: Interval Training – FS 7pm: Co-Ed Bootcamp – TC	26 8:30am: MAT Pilates – FS 9:30am: HIIT – FS 10:00am: Division 3 & 7 Ladies' Team Matches – TC 11:45am: Tai Chi – FS 5:30pm: Yin Yoga – FS 6:30pm: Indoor Cycling – MPR 7pm: Palm Beach Royal Men's League Matches –TC	27 8:30am: Ladies Doubles Strategy with Adrian – TC 8:30am: Indoor Cycling – MPR 8:30am: Stretch & Tone – FS 9:30am: Sculpt & Stretch – FS 9:30am: Water Aerobics – LP 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 6pm: Kids' Movie Night – SC	28 8am: Indoor Cycling – MPR 9am: Glutes, Legs & Abs–FS 9am: Beginners Co-Ed Clinic – TC 10am: Interval Training – FS
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<b>Color Legend:</b> Tennis Center Events HOA Events Clubs Included Fitness Classes Prime 7				<b>Event Venues:</b> GL: Grand Lounge MPR: Multi-Purpose Room SC: Sports Court FS: Fitness Studio CR1: Card Rm 1 CR2: Card Rm 2 PD: Pool Deck		
				LP: Lap Pool KR: Kids' Room GR: Game Room R: Restaurant OB: Outdoor Bar PP: Party Pavilion TC: Tennis Courts		
For kids' classes, please see the separate calendars in the Kids' Zone section of the newsletter!						

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<div><b>Color Legend:</b> Tennis Center Events HOA Events Clubs Included Fitness Classes Prime 7</div>	<div><b>Event Venues:</b> GL: Grand Lounge MPR: Multi-Purpose Room SC: Sports Court FS: Fitness Studio CR1: Card Rm 1 CR2: Card Rm 2 PD: Pool Deck</div> <div>LP: Lap Pool KR: Kids' Room GR: Game Room R: Restaurant OB: Outdoor Bar PP: Party Pavilion TC: Tennis Courts</div>	<div>1</div> <div>8:30am: Division 6 Ladies' Team Practice – TC 8:30am: MAT Pilates – FS 10am: Zumba – FS 5:30pm: Yin Yoga – FS 6:30pm: Latin Ballroom – MPR 7pm: Palm Beach Royal Men's League Matches –TC 7pm: Men's Low Stakes Poker Club – CR1</div>	<div>2</div> <div>8:30am: Division 3 Ladies' Team Practice – TC 8:30am: Barre – FS 9:30am: Hatha Yoga – FS 10am: Division 6 Ladies' Matches – TC 10:15am: Aqua Fit – LP 10:30am: Indoor Cycling – MPR 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 5pm: Wine Down Wednesday – GL 5:30pm: Slow Flow Yoga – FS 6:30pm: Interval Training – FS 7pm: Co-Ed Bootcamp – TC 7pm Ladies' Bunco CR2</div>	<div>3</div> <div>8:30am: MAT Pilates – FS 9:30am: HIIT – FS 10am: Division 3 &amp; 7 Ladies Team Matches– TC 11:45am: Tai Chi – FS 5:30pm: Yin Yoga – FS 6:30pm: Indoor Cycling – MPR 7pm: Palm Beach Royal Men's League Matches –TC</div>	<div>4</div> <div>8:30am: Ladies Doubles Strategy with Adrian – TC 8:30am: Indoor Cycling – MPR 8:30am: Stretch &amp; Tone – FS 9:30am: Sculpt &amp; Stretch – FS 9:30am: Water Aerobics – LP 4:15pm: Future Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC</div>	<div>5</div> <div>8am: Indoor Cycling – MPR 9am: Glutes, Legs &amp; Abs–FS 9am: Beginners Co-Ed Clinic – TC 10am: Interval Training – FS</div>
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