

## JUNE 2023

Domingo (Sunday)	Lunes (Monday)	Martes (Tuesday)	Miércoles (Wednesday)	Jueves (Thursday)	Viernes (Friday)	Sabado (Sat)
				<p>1 9:30am-10:30am -Fitness Classes/ Ejercicios Físicos y de estiramiento. 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento)</p> <p>12:15pm-1pm Puzzle(Art Room)</p>	<p>2 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	<p>3</p>
<p>4</p>	<p>5 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion) 10:30am-11:30am Computer Classes/Clases de Computacion 10am-1pm Craft/Manualidades</p>	<p>6 9:30am-10:20am -Fitness Classes &amp; Stretching (Ejercicios Físicos ) 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm -1pm Puzzle ( Art Room)</p>	<p>7 9:00am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion. 10am-1pm Domino (Senior Room)</p>	<p>8 9:30am-10:30am -Fitness Classes/ Ejercicios Físicos y de estiramiento. 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>9 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	<p>10</p>
<p>11</p>	<p>12 9:00am-1pm(Gym Seniors) Gimnacio Para adultos . 9:30AM-10:30am-Computer Classes (Clases de Computacion) 10:30am-11:30am Computer Classes/Clases de Computacion 10am-1pm Craft/Manualidades</p>	<p>13 9:30am-10:20am -Fitness Classes &amp; Stretching (Ejercicios Físicos ) 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm -1pm Puzzle ( Art Room)</p>	<p>14 9:00am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am-Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion 10am-1pm Domino (Senior Room)</p>	<p>15 9:30am-10:30am -Fitness Classes/ Ejercicios Físicos y de Estiramiento 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>16 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	<p>17</p>
<p>18</p> 	<p>19</p> 	<p>20 9:30am-10:20am -Fitness Classes &amp; Stretching (Ejercicios Físicos y de Estiramiento) 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>21 9:00am-1pm (Gym Seniors) Gimnacio para adultos 9:30am-10:30am-Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de computacion 10am-1pm Domino (Senior Room)</p>	<p>22 9:30am-10:30am -Fitness Classes/ Ejercicios Físicos y de estiramiento. 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>23 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	<p>24</p>
<p>25</p>	<p>26 9:00am-1pm(Gym Seniors) Gimnacio para adultos . 9:30am-10:30am Computer Classes/Clases de Computacion 10:30am-11:30am Computer Classes/Clases de Computacion</p>	<p>27 9:30am-10:20am -Fitness Classes &amp; Stretching (Ejercicios Físicos y de Estiramiento) 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle (Art Room)</p>	<p>28 9:00am-1pm( Gym Seniors) Gimnacio Para Adultos 9:30am-10:30am Computer Classes/Clases de Computacion 10:30am-11:30am-Computer Classes/Clases de Computacion 10am-1pm Domino (Senior Room)</p>	<p>29 9:30am-10:30am -Fitness Classes/ Ejercicios Físicos y de estiramiento. 10:45am-12pm Gym &amp; Stretching Routine (Rutina de Estiramiento) 12:15pm-1pm Puzzle(Art Room)</p>	<p>30 9:00am-1pm Gym 9:30am-1pm Domino (Senior Room)</p>	

**Tuesday & Thursday: 9:30am-12pm** Fitness Classes & Stretching /Martes y Jueves Ejercicios Físicos y de Estiramiento

**Monday and Wednesday 9:30am-11:30am** Computer Classes

**Lunes y Miercoles 9:30am-11:30am** Clases de Computacion

West End Park  
6030 S.W 2<sup>nd</sup> St  
Miami, FL 33144  
Phone:(305) 960-2980



**Happy and Beautiful Summer for Everyone !!!**  
**Feliz y Hermoso Summer para todos!!!**