

**VIRTUAL
RECREATION
CENTER**



Virtual Class Schedule

REGISTER: www.fortlauderdale.gov/recreation

Sunday

1-2 PM
**FIT Fort
Lauderdale**

Monday

9:30-11:30 AM
Yoga

6:30-7:30 PM
Zumba

Tuesday

1-2 PM
Fitness

5-6 PM
Cooking

Wednesday

8:30-10:30 AM
Yoga

3:30-4:30 PM
**Sketching &
Drawing**

Thursday

1-2 PM
Fitness

3:30-4:30 PM
**Watercolor
Painting**

6-8 PM
Line Dancing

Friday

9-10 AM
Yoga

3:30-4:30 PM
**Acrylic
Painting**

Saturday

8-9 AM
Yoga

9 AM-12 PM
Line Dancing

12-1 PM
Zumba