pdLIFE Weekly Class Schedule

All pdLIFE Classes are FREE!!

Monday

11:00 AM - 12:00 PM	**All Levels - Conditioning** pdLIFE | Barksdale Community Center (1801 N. Lincoln Ave., Tampa, FL 33607) • Instructor: Pedro G.
11:00 AM - 12:00 PM	**High Octane** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: Selena T.

Tuesday

11:00 AM - 12:00 PM	**High Octane** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: El Quincy G.
11:00 AM - 12:00 PM	**All Levels - Conditioning** pdLIFE | Omar K Lightfoot Senior Center (10901 N. 56th St., Temple Terrace, FL 33617) • Instructor: Selena T.

Wednesday

10:00 AM - 11:00 AM	**All Levels - Intervals/Stations** pdLIFE | Barksdale Community Center (1801 N. Lincoln Ave., Tampa, FL 33607) • Instructor: Meredith D.
11:00 AM - 12:00 PM	**High Octane - Boxing** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: Selena T.
12:00 PM - 12:30 PM	**High Octane - Full Body Stretch** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: Selena T.

Thursday

11:00 AM - 12:00 PM	**High Octane** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: El Quincy G.
11:00 AM - 12:00 PM	**All Levels - Cycle and Stretch** pdLIFE | Temple Terrace Family Recreational Complex (6610 Whiteway Dr., Temple Terrace, FL 33617) • Instructor: Pedro G.

Friday

11:00 AM - 12:00 PM	**All Levels** pdLIFE | Barksdale Community Center (1801 N. Lincoln Ave., Tampa, FL 33607) • Instructor: Charlie Z.

Saturday

11:00 AM - 12:00 PM	**High Octane** pdLIFE | Tampa Movement Lab (1335 W. Gray Street, Tampa, FL 33606) • Instructor: Staff

For registration details and availability, please contact pdLIFE. All classes are completely FREE!