pdLIFE Weekly Class Schedule -- All pdLIFE Classes are FREE!!

Week 47: November 15 - November 21

Day	Time	Class, Location & Instructor
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: Selena T.
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