



October 2025

****Visit [MiccosukeeHealth.com](https://miccosukeehealth.com) for more details****

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 11:15am Group Fitness Class	3 10:30am Group Fitness Class
6	7 11:15am Group Fitness Class	8	9 11:15am Group Fitness Class 1pm Cooking with Wellness	10 10:30am Group Fitness Class
13 WELLNESS CLOSED Miccosukee Day	14 11:15am Group Fitness Class Wellness resumes normal hours*	15 Women's Day 10am-2pm	16 10am-4pm Wellness Day 11:15am Group Fitness Class	17 10:30am Group Fitness Class
20	21 11:15am Group Fitness Class	22 Indian Day 5k 5pm Mental Health Workshop 12:30-1:30	23 11:15am Group Fitness Class	24 10:30am Group Fitness Class Halloween Bazaar 5pm-9pm
27	28 11:15am Group Fitness Class	29	30 11:15am Group Fitness Class	31 10:30am Group Fitness Class