

| April 2019- Desmond Street | | | | | | |
|---|--|--|--|---|--|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express* 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion | 2 5:15 am Rockin Ride (IC)* 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz | 3 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing 7:15 pm Rockin Ride (IC)* | 4 5:15 am Rockin Ride (IC)* 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express*s 5:00 pm Interval Weights 6:00 pm HIIT/Strength Mashup 7:15 pm Zumba | 5 5:15 am Power Circuit* 8:15 am STRONG by Zumba 9:15 am Burlesque Burn 10:15 am Rockin Ride (IC)* 5:30 pm Rockin Ride (IC) | 6 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba |
| 7 7:00 am Rockin Ride (IC)* 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up | 8 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express* 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion | 9 5:15 am Rockin Ride (IC)* 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz | 10 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing 7:15 pm Rockin Ride (IC)* | 11 5:15 am Rockin Ride (IC)* 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express*s 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba | 12 5:15 am Power Circuit* 8:15 am STRONG by Zumba 9:15 am Burlesque Burn 10:15 am Rockin Ride (IC)* 5:30 pm Rockin Ride (IC) | 13 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba 10:30 am Zumbini* |
| 14 7:00 am Rockin Ride (IC)* 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up | 15 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion | 16 5:15 am Rockin Ride (IC)* 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz | 17 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Burlesque Burn** 7:15 pm Rockin Ride (IC)* | 18 5:15 am Rockin Ride (IC)* 8:15 am Interval Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express* 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba | 19 5:15 am Power Circuit* 8:15 am Strong by Zumba 9:15 am Stability Ball** 10:15 am Rockin Ride (IC) 5:30 PM Rockin Ride (IC) | 20 7:00 Rockin Ride (IC) 8:00 am Rockin Ride (IC)* 9:00 am Zumba 10:30 am No Zumbini* |
| 21 7:00 am Rockin Ride (IC)* 10:15 am Rockin Ride (IC)* Modified Schedule. Happy Easter! | 22 8:15 am Intervals Express 9:15 am BodyBeatz 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion | 23 5:15 am Rockin Ride (IC)* 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz | 24 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Stability Ball 7:15 pm Rockin Ride (IC)* | 25 5:15 am Rockin Ride (IC)* 8:15 am Interval Express 9:15 am BodyBeatz 12:15 pm Rockin Ride Express* 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba | 26 5:15 am Power Circuit* 8:15 am HIIT 9:15 am Burlesque Burn 10:15 am Rockin Ride (IC)* 5:30 pm Rockin Ride (IC)* | 27 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba 10:30 am Zumbini* |
| 28 7:00 am Rockin Ride (IC)* 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up | 29 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion | 30 5:15 am Rockin Ride (IC)* 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz | | | | |

*Classes require advanced registration. Contact us or reserve online at fwfwellness.com **subbed class (may be different than regular class)