

# FWF Wellness - 211 Desmond Street, Sayre

July 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1		2		3	
								5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	7:00 am Rockin' Ride	w/Merideth
								8:15 am Intervals Express	w/Nicole	8:15 am STRONG	w/Nicole	8:00 am Rockin' Ride	w/Kirsten
								9:15 am Zumba	w/Nicole	4:00 pm Rockin' Ride	w/Shannon H	9:30 am Pound	w/Shannon H
								4:00 pm Rockin' Ride	w/Kristina	5:30 pm Rockin' Ride	w/Rachel		
								5:00 pm Interval Weights	w/Kirsten				
								6:15 pm AMRAP	w/Shannon A				
								7:15 pm Zumba Fabulous	w/Elizabeth				
4		5		6		7		8		9		10	
8:00 am Rockin' Ride	w/Kirsten	8:15 am Intervals Express	w/Nicole	5:15 am Rockin' Ride	w/Shannon H	5:15 am Boot Camp	w/Shannon H	5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	7:00 am Rockin' Ride	w/Merideth
10:30 am Rockin' Ride	w/Kristina	9:15 am Zumba	w/Nicole	8:15 am STRONG	w/Jenn	8:15 am Rockin' Ride	w/Jenn	8:15 am Intervals Express	w/Nicole	8:15 am STRONG	w/Nicole	8:00 am Rockin' Ride	w/Kristina
		5:00 pm Interval Weights	w/Kirsten	12:15 pm Zumba Fabulous	w/Elizabeth	9:15 am Stability Ball	w/Jenn	9:15 am Zumba	w/Nicole	4:00 pm Rockin' Ride	w/Kirsten	9:30 am Interval Weig	w/Merideth
		6:00 pm Rockin' Ride	w/Rachel	4:00 pm Block Party	w/Shannon H	5:00 pm STRONG	w/Jenn	4:00 pm Rockin' Ride	w/Kristina	5:30 pm Rockin' Ride	w/Rachel		
				5:00 pm Boot Camp	w/Shannon H	6:15 pm Rockin' Ride	w/Merideth	5:00 pm Interval Weights	w/Kirsten				
				6:00 pm Zumba	w/Kristina			6:15 pm AMRAP	w/Shannon A				
				7:15 pm Rockin' Ride	w/Kirsten			7:15 pm Zumba Fabulous	w/Elizabeth				
11		12		13		14		15		16		17	
8:00 am Rockin' Ride	w/Kirsten	8:15 am Intervals Express	w/Jenn	5:15 am Rockin' Ride	w/Sheila	5:15 am Boot Camp	w/Shannon H	5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	7:00 am Rockin' Ride	w/Merideth
9:15 am STRONG	w/Nicole	9:15 am Zumba	w/Jenn	8:15 am STRONG	w/Jenn	8:15 am Rockin' Ride	w/Jenn	8:15 am Intervals Express	w/Jenn	8:15 am STRONG	w/Jenn	8:00 am Rockin' Ride	w/Kristina
10:30 am Rockin' Ride	w/Kristina	5:00 pm Interval Weights	w/Kirsten	12:15 pm Zumba Fabulous	w/Elizabeth	9:15 am Stability Ball	w/Jenn	9:15 am Zumba	w/Jenn	4:00 pm Rockin' Ride	w/Kirsten	9:30 am Pound	w/Shannon H
10:30 am Zumba	w/Nicole & Jenn	6:00 pm Rockin' Ride	w/Rachel	4:00 pm Block Party	w/Shannon H	5:00 pm STRONG	w/Jenn	4:00 pm Rockin' Ride	w/Kristina	5:30 pm Rockin' Ride	w/Rachel		
		7:15 pm Fitness Fusion	w/Shannon A	5:00 pm Boot Camp	w/Shannon H	6:15 pm Rockin' Ride	w/Merideth	5:00 pm Interval Weights	w/Kirsten				
				6:00 pm Zumba	w/Kristina	7:30 pm Belly Dance	w/Anna	6:00 pm AMRAP	w/Shannon A				
				7:15 pm Rockin' Ride	w/Kirsten			7:15 pm Zumba Fabulous	w/Elizabeth				
18		19		20		21		22		23		24	
8:00 am Rockin' Ride	w/Kirsten	8:15 am Intervals Express	w/Jenn	5:15 am Rockin' Ride	w/Sheila	5:15 am Boot Camp	w/Shannon H	5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	7:00 am Rockin' Ride	w/Merideth
9:15 am STRONG	w/Jenn	9:15 am Zumba	w/Jenn	8:15 am STRONG	w/Jenn	8:15 am Rockin' Ride	w/Jenn	8:15 am Intervals Express	w/Nicole	8:15 am STRONG	w/Nicole	8:00 am Rockin' Ride	w/Kristina
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10:30 am Zumba	w/Jenn	6:00 pm Rockin' Ride	w/Rachel	4:00 pm Block Party	w/Shannon H	5:00 pm STRONG	w/Jenn	4:00 pm Rockin' Ride	w/Kristina	5:30 pm Rockin' Ride	w/Rachel		
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				6:00 pm Zumba	w/Kristina	7:30 pm Belly Dance	w/Anna	6:00 pm AMRAP	w/Shannon A				
				7:15 pm Rockin' Ride	w/Kirsten			7:15 pm Zumba Fabulous	w/Elizabeth				
25		26		27		28		29		30		31	
8:00 am Rockin' Ride	w/Merideth	8:15 am Intervals Express	w/Nicole	5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	5:15 am Rockin' Ride	w/Sheila	5:15 am Power Circuit	w/Shannon A	7:00 am Rockin' Ride	w/Merideth
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