

FWF Wellness - 211 Desmond Street, Sayre

January 2021

January 2021													
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
					1	2							
					8:15 am STRONG 60 4:00 pm Rockin' Ride	w/Jenn w/Kirsten 8:00 am Rockin' Ride 9:15 am Intervals Express w/Merideth							
3	4	5	6	7	8	9							
8:00 am Rockin' Ride/Run 9:15 am STRONG 60 10:30 am Rockin' Ride/Run	w/Kirsten w/Jenn w/Merideth	5:15 am Boot Camp 8:15 am Intervals Express 9:15 am Zumba 5:00 pm Interval Weights 6:00 pm Rockin' Ride 7:15 pm Fitness Fusion	w/Shannon H w/Nicole w/Nicole w/Kirsten w/Rachel w/Shannon A	5:15 am Rockin' Ride 8:15 am STRONG 60 9:30 am Zumba 12:15 pm Zumba Fabulous 4:00 pm Block Party 5:00 pm Pound 6:00 pm Bodybeatz 7:15 pm Rockin' Ride	w/Sheila w/Jenn w/Nicole w/Elizabeth w/Wendy w/Shannon H w/Rachel w/Kirsten	5:15 am Boot Camp 8:15 am Rockin' Ride 9:15 am Rockin' Ride 5:00 pm STRONG 60 6:15 pm Strability Ball 7:15 pm Rockin' Ride/Run	w/Shannon H w/Jenn** w/Jenn** w/Jenn w/Merideth w/Rachel	5:15 am Rockin' Ride 8:15 am Intervals Express 9:15 am Zumba Toning 4:00 pm Rockin' Ride 5:00 pm Interval Weights 6:00 pm AMRAP 7:15 pm Zumba Fabulous	w/Sheila w/Nicole w/Nicole w/Kristina w/Kirsten w/Shannon A w/Elizabeth	5:15 am Power Circuit 7:00 am Rockin' Ride 8:15 am STRONG 60 4:00 pm Rockin' Ride 5:30 pm Rockin' Ride	w/Shannon A w/Nicole w/Nicole w/Kirsten w/Rachel	7:00 am Rockin' Ride 8:00 am Rockin' Ride 9:15 am Intervals Express 10:30 am Pound	w/Merideth w/Kristina w/Merideth w/Shannon H
10	11	12	13	14	15	16							
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17	18	19	20	21	22	23							
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24	25	26	27	28	29	30							
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31													
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