

FWF Wellness - 211 Desmond Street, Sayre

October 2020

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