

June 2019- Desmond Street						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba 10:30 am Zumbini*
2 7:00 am Rockin Ride (IC)* 10:15 Rockin Ride (IC)*	3 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	4 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	5 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing Barre 7:15 pm Rockin Ride (IC)*	6 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	7 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)	8 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba 10:30 am Zumbini*
9 7:00 am Rockin Ride (IC)* 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up	10 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	11 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	12 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing Barre 7:15 pm Rockin Ride (IC)*	13 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	14 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)	15 7:00 Rockin Ride (IC) 8:00 am Rockin Ride (IC)* 9:00 am Zumba
16 ! 7:00 am Rockin Ride (IC)* 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up	17 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	18 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	19 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing Barre 7:15 pm Rockin Ride (IC)*	20 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	21 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)*	22 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba
23 7:00 am Rockin Ride (IC)* 9:00 am HIIT* 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up	24 8:15 am Intervals Express 9:15 am 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC)* 7:15 pm Fitness Fusion	25 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	26 9:15 am Rockin Ride (IC)* 5:00 pm Core de Force 6:00 pm Piloxing Barre 7:15 pm Rockin Ride (IC)*	27 5:15 am Rockin Ride (IC)* 8:15 am Interval Express 9:15 am 12:15 pm Rockin Ride Express* 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba	28 5:15 am Power Circuit* 8:15 am HIIT* 9:15 am Stability Ball 10:15 am Rockin Ride (IC)* 5:30 pm Rockin Ride (IC)*	29 7:00 am Rockin Ride (IC)* 8:00 am Rockin Ride (IC)* 9:00 am Zumba
30 7:00 am Rockin Ride (IC)* 9:00 am Strong by Zumba 10:15 Rockin Ride (IC)* 2:00 pm HIIT/Strength Mash Up						

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