FWF Wellness - 211 Desmond Street, Sayre

May 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
April	26	April	27	April	28	April	29	April	30		1		2
8:00 am Rockin' Ride	w/Kirsten	7:00 am Rockin' Ride/Run	w/Shannon H.	8:15 am Total Body Pilates	w/Jen M	8:15 am Rockin' Ride/Run * 2-Hour *	w/Jenn	8:15 am Intervals Express	w/Nicole	7:00 am Rockin' Ride/Run	w/Nicole	8:00 am Rockin' Ride	w/Kristina
9:15 am STRONG	w/Nicole	8:15 am Intervals Express	w/Nicole	9:30 am STRONG 60	w/Jenn	4:00 pm Rockin' Ride/Run	w/Rachel	9:15 am Zumba Toning	w/Nicole	8:15 am STRONG 60	w/Nicole	9:15 am Bodybeatz	w/Jen M
10:30 am Rockin' Ride	w/Kristina	9:15 am Zumba	w/Nicole	3:00 pm Rockin' Ride/Run	w/Kirsten	5:00 pm STRONG 60	w/Jenn	4:15 pm STRONG 45	w/Wendy	9:30 am Burlesque Burn	w/Jenn	10:30 am Pound	w/Shannon
		4:00 pm Fitness Fusion	w/Shannon A.	4:15 pm STRONG/FAST Smash	w/Wendy	6:15 pm Total Body Pilates	w/Jen	5:00 pm Interval Weights	w/Kirsten	4:00 Rockin' Ride/Run	w/Kirsten	10:30 am Zumbini	w/Amanda
		5:00 pm Interval Weights	w/Kirsten	5:00 pm Pound	w/Shannon H	7:00 pm Meditation	w/Jenn	6:00 pm HIIT It!	w/Jen				
		6:00 pm Rockin' Ride/Run	w/Rachel	6:00 pm Bodybeatz	w/Rachel			7:15 pm Zumba Fabulous	w/Elizabeth				
	3		4		5		6		7		8		9
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