

AUGUST 2017

Class	Clarksville Base PFC		Fratellenico PFC		Gertch PFC		Lozada		Olive PFC		Sabo PFC		Shaw PFC	
	Day/Date	Time	Day/Date	Time	Day/Date	Time	Day/Date	Time	Day/Date	Time	Day/Date	Time	Day/Date	Time
TKO Series							Wednesday	7:00-7:50pm					Friday	10:45-11:15
Stomp Series			Monday Wednesday	5:30-6:30									Monday- Thursday	4:30-5:00
Rev Series	Monday thru Friday	9:15-9:45 9:45-10:15											Monday thru Thursday	10:45-11:15
Rev Series	Monday thru Friday	11:45-12:45												
Bar Strong											Tuesday	11:45-12:30		
Kettle Bell														
Definitions							Friday	3:00—3:50						
Fusion Series							Monday	9:00-10:00						
Kinetics Series							Tuesday	11:45-12:30			Monday	5:00-6:00		
Definitions														
Pregnancy Series														
Vibe Series													Friday	4:30-5:00
Silver and Fit Series														
Transition Series											Wednesday	5:00-6:00		
Express														
Stress Release											Friday	5:00-6:00		
Increase Flexibility							Thursday	11:30-12:05			Thursday	11:45-12:30		