

WELLBEATS™ - February 2018

| 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-Friday | 5:00-5:45 | Wednesday | 7:00-7:50pm | | | | | | |
| Stomp Series | | | Monday Wednesday | 5:30-6:30 | Wednesday | 1:00-2:00 | | | | | | | | |
| Rev Series | Monday thru Friday | 9:15-9:45 9:45-10:15 | | | | | | | | | | | | |
| Rev Series | Monday thru Friday | 11:45-12:45 | | | Monday | 5:00-5:30 | | | | | | | | |
| Bosu Series | | | | | | | | | | | | | Friday | 10:45-11:15 4:30-5:00 |
| Maintain Don't Gain | | | | | | | | | | | | | | |
| Definitions Series | | | | | | | Friday | 3:00-3:50 | | | | | | |
| Fusion Series | | | | | | | Monday | 9:00-10:00 | | | | | | |
| Kinetics Series | | | | | | | Tuesday | 11:45-12:30 | | | | | | |
| Express Series | | | | | | | | | | | | | | |
| Build Strength | | | | | | | | | | | | | | |
| Vibe Series | | | | | | | | | | | | | Monday thru Thursday | 10:45-11:15 |
| Get Toned | | | | | | | | | | | | | | |
| Transitions Series | | | | | | | | | | | | | Monday thru Thursday | 4:30-5:00 |
| Kettle Power | | | | | Monday | 1:00-1:45 | | | | | | | | |
| Stress Release | | | | | Friday | 1:00-1:45 | | | | | | | | |
| Increase Flexibility | | | | | | | Thursday | 11:30-12:05 | | | | | | |

