

WELLBEATS™ - April Calendar

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						
Stomp Series			Monday Wednesday	5:30-6:30	Monday Wednesday	1:00-2:00								
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			Monday Wednesday	5:00-6:00								
Bosu Series														
Maintain Don't Gain													Friday	10:45-11:15
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													Monday thru Thursday	4:30-5:00
Vibe Series														
Kettle Power													Friday	4:30-5:00
Transitions Series														
Zumba					Friday	5:00-5:30								
Stress Release					Friday	1:00—1:30								
Increase Flexibility							Thursday	11:30-12:05						

