

WELLBEATS™ – June 2018 Calendar

Class	Clarksville Base PFC		Fratellenico PFC		Gertch PFC		Lorada		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 Wednesday	10:45-11:45
Rev Series	Monday thru Friday	11:45-12:45			Monday Wednesday	5:00-6:00								
Bosu Series														
Maintain Don't Gain														
Definitions Series							Friday	3:00—3:50						
Fusion Series							Monday	9:00-10:00					Friday	4:30-5:30
Kinetics Series							Tuesday	11:45-12:30					Tues/Wed/ Thursday	4:30-5:30
Express Series														
Build Strength														
Vibe Series														
Kettle Power														
Transitions Series														
Zumba					Friday	5:00-5:30								
Stress Release					Friday	1:00—1:30								
Flexibility Series							Thursday	11:30-12:05					Friday	10:45-11:45

