

July 2019 - WELLBEATS™

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	10:45-11:45
Stomp Series			Monday Wednesday	5:30-6:30									Wednesday Thursday	4:30-5:30
Rev Series	Monday thru Friday	9:15-9:45 9:45-10:15			Monday	1:00—1:30 5:00-6:00							Monday Wednesday	10:45-11:45
Rev Series	Monday thru Friday	11:45-12:45												
Bar Strong														
Maintain Don't Gain														
Definitions Series					Friday	1:00-1:30 5:00-5:30	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													Friday	4:30-5:30
Kettle Power														
Transitions Series														
Zumba														
Stress Release					Wednesday	1:00—1:30 5:00-5:30								
Flexibility Series							Thursday	11:30-12:05						