

Class Schedule

3/1/2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00-10:00 Mindful Movement For Scoliosis
	9:15-10:15 Boxing for Parkinson's Intermediate/Advanced			9:15-10:15 Boxing for Parkinson's Intermediate/Advanced	
10:15-11:15 Boxing for Parkinson's Intermediate/Advanced	ZOOM Live Stream	10:15-11:15	10:15-11:15		
	10:30-11:45 Parkinson's Dance All Levels	Boxing for Parkinson's Intermediate/Advanced	Boxing for Parkinson's Intermediate/Advanced ZOOM Live Stream	10:30-11:45 Parkinson's Dance All Levels	
11:30-12:30 Boxing for Parkinson's Beginner	12:00-1:00 Lunchtime Yoga All Levels	11:30-12:30 Boxing for Parkinson's Beginner	11:30-12:30 360 Fitness Intermediate		
	1:15-2:15 360 Fitness/RSB Beginner		1:15-2:15 360 Fitness/RSB Beginner		
	2:30-3:30 360 Fitness Intermediate				
5:15 pm - 6:10 Yoga for Posture All Levels	5:30-7:00pm Mindfulness	5:15 pm - 6:10 Yoga for Posture All Levels			



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🌐 www.wellness360fitness.com