



Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 Rock Steady Boxing Level 1/2 Bee Relentless	10:30 - 11:30 Rock Steady Boxing Level 1/2 Webster Rec	10:00 - 11:00 Rock Steady Boxing Level 1/2 Bee Relentless	10:00 - 11:00 360 Fitness Intermediate W360 Webster	9:15 - 10:15 Rock Steady Boxing Level 1/2 Bee Relentless
	ZOOM Live Stream		ZOOM Live Stream	
11:15 - 12:15 Rock Steady Boxing Level 3/4 Bee Relentless	10:45 - 12:00 Parkinson's Dance All Levels W360 University	11:15 - 12:15 Rock Steady Boxing Level 3/4 Bee Relentless	10:30 - 11:30 Rock Steady Boxing Level 1/2 Webster Rec	10:45 - 12:00 Parkinson's Dance All Levels W360 University
	11:45 - 12:45 360 Fitness / RSB Beginner W360 Webster		11:45 - 12:45 360 Fitness / RSB Beginner W360 Webster	
	12:30 - 1:30 Yoga All Levels W360 University			
	1:00 - 2:00 360 Fitness Intermediate W360 Webster			
	ZOOM Live Stream			
5:00 - 5:50 Yoga for Posture All Levels W360 University		5:00 - 5:50 Yoga for Posture All Levels W360 University		

Locations:
W360 Webster - 191 W Main St Webster
Bee Relentless Boxing Gym - 565 Blossom Rd Ste E Rochester
Webster Rec Center - 1350 Chiyoda Dr Webster
W360 University - 1328 University Ave Rochester
 (585) 259-0782
www.wellness360fitness.com