



# Port Charlotte's Wellness Classes - October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM					Let's Get FYZICAL	
8:30 AM						
9:00 AM	Let's Get FYZICAL	KickBoxing	Let's Get FYZICAL	KickBoxing		
9:30 AM						
10:00 AM	Yoga For Wellness		Yoga For Wellness			
10:30 AM						
11:00 AM		Circuit Training				
11:30 AM	Rock Steady Boxing PD 1/2				Rock Steady Boxing PD 1/2	
12:00 PM						
12:30 PM	Rock Steady Boxing PD 3			Rock Steady Boxing PD 3		
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						