



Class Schedule

Updated 10/2023

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 Wellness 360	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 CHPT	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 CHPT
	11:45 - 12:45 360 Fitness / RSB Beginner Wellness 360		11:45-12:45 360 Fitness/RSB Beginner Wellness 360	
1:00 - 1:45 Cycle for Active Adults Intermediate Webster Rec	1:00-2:00 360 Fitness Intermediate Wellness 360		1:00 - 2:00 Fine Motor Skills* All Levels CHPT	
	ZOOM Live Stream			
5:00 - 6:00 YOGA All Levels Wellness 360				

Locations:
Wellness 360 - 191 W Main St Ste 2 Webster
Bee Relentless Boxing Gym - 565 Blossom Rd Ste E Rochester
Webster Rec Center - 1350 Chiyoda Dr Webster
CHPT (Callan Harris PT) - 1328 University Ave Rochester