Physical & Massage Therapy

Wellness 360

Class Schedule

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**	11:45-12:45 **360 Fitness/RSB** Beginner **Wellness 360**	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**
			ZOOM Live Stream	
	12:30 - 1:45 **Parkinson's Dance** All Levels **CHPT**		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**			
ZOOM Live Stream	**ZOOM** Live Stream			
	2:00 - 3:00 **Intentional Communication** All Levels **CHPT**			
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

Updated 2/2023