

FALL 2021 F45 SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15-7:00 am	F45 Keely	F45 Keely	F45 Savanna	F45 Kiara	F45 Emma	
7:30-8:15 am	F45 Keely	F45 Blake	F45 Savanna	F45 Kiara	F45 Makayla	
12:15-1:00 pm	F45 Chloe	F45 Megan	F45 Blake	F45 Megan	F45 Savanna	
4:15-5:00 pm	F45 Makayla	F45 Keke	F45 Madeleine	F45 Keke		
5:30-6:15 pm	F45 Gabby	F45 Isabella	F45 Megan	F45 Isabella		Sunday @ 5:30-6:15 pm F45 Emma
6:45-7:30 pm	F45 Grace	F45 Bella	F45 Gabby *Wellness Wednesday Workout @ Fountain Mall or Barfield	F45 Bella		
8:00-8:45 pm	F45 Haris	F45 Ian	F45 Haris	F45 Ian		