



class schedule

Winter 2012

Monday

5:30 - 6:20am KB/Ropes
 6:30 - 7:30am KB/Ropes
 8:30 - 9:30am KB/Ropes
 9:30 - 9:45am Abs Warrior
 10:00 - 11:00am KB/Ropes
 3:00 - 3:45pm Power Circuit
 4:15 - 5:00pm EKC
 5:00 - 5:30pm Ropes/Body Weight
 5:30 - 6:00pm Ropes/ Body Weight
 6:00 - 7:00pm Beginner/Orientation
 7:00 - 8:00pm Cardio Boxing
 8:00 - 8:30pm KB/Bodyweight

Tuesday

5:30 - 6:30am Circuit
 6:30 - 7:30am Circuit
 8:30 - 9:30am Circuit
 9:30 - 10:30am Beginner/Orientation
 4:00 - 5:00pm KB/Ropes
 5:10 - 5:25pm Abs Warrior
 5:30 - 6:30pm KB/Ropes
 6:45 - 7:45pm Almost Intermed KB/Ropes
 8:00 - 8:45pm Power Dance Cardio

Wednesday

5:30 - 6:20am KB/Ropes
 6:30 - 7:30am KB/Ropes
 7:30 - 8:30am Cardio Boxing
 8:30 - 9:30am KB/Ropes
 9:30 - 9:45am Abs Warrior
 10:00 - 11:00am KB/Ropes
 3:00 - 3:45pm Power Circuit
 4:00 - 4:30pm Ropes/Body Weight
 4:45 - 5:20pm Core & Flexibility
 5:30 - 6:30pm KB/Ropes
 6:45 - 7:00pm Abs Warrior
 7:00 - 7:55pm Cardio Boxing
 8:00 - 8:30pm KB/Ropes

Thursday

5:30 - 6:20am EKC
 6:30 - 7:20am EKC
 8:30 - 9:30am KB/Ropes
 9:30 - 10:30am Beginner/ Orientation
 4:00 - 5:00pm KB/Ropes
 5:10 - 5:25pm Abs Warrior
 5:30 - 6:30pm KB/Ropes
 6:45 - 7:45pm Almost Intermed KB/Ropes
 8:00 - 8:45pm Power Dance Cardio

Friday

5:30 - 6:20am Circuit
 6:30 - 7:30am Circuit
 8:30 - 9:30am Circuit
 10:00 - 11:00am Circuit
 4:30 - 5:00pm KB/Ropes
 5:15 - 6:00pm Power Dance Cardio
 6:15 - 7:15pm Cardio Boxing

Saturday

7:00 - 8:00am Kitchen Sink
 8:15 - 9:15am Kitchen Sink
 9:30 - 10:00am Ropes/Body Weight
 10:00 - 11:00am Beginner/Orientation
 11:00 - 11:45am Power Circuit

Elite Warrior Class Descriptions

EKC: Extreme Kettlebell Cardio
 Kitchen Sink: Kettlebells, Ropes, Body Weight
 Beginner/Orientation: Instructional Kettlebells, Ropes
 Circuit: 8-16 Station Circuit Training using anything and everything;
 Kettlebells, Tires, Sandbags, Sledgehammers
 Power Circuit: Tires, Sledgehammers, Atlas Stones and more
 Core and Flexibility: Pilates with Swiss ball
 Power Dance Cardio: Combo of Zumba, P90X, Insanity and more
 Abs Warrior: Pure Core Blow-out

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