

WOW Schedule 2017

Sun	Monday AM	Tuesday PM	Wednesday AM	Wednesday PM	Thursday PM	Friday AM	Sat								
	First Day - Chris-	30	Bridget	31	Steph	31	Shelley	1	Chris	2		3			
Tuesday, May 30 Registration 5:15-6:15 Class 6:30-7:30 sics + Self Assessment - Part 1			30 Minute HITT	Essential Mat Pilates	Muscle Strength Pump	Beat It! Drumming									
	4	Kyla	5	Bridget	6	Shelley	7	Chris	7	Bridget	8	Sam	9		10
	Body Weight Bootcamp	Rockm Sockm Kickboxing	Tabata	Vinyasa Yoga	Total Body Blast	Ballet Fit									
	11	Chris	12	Shelley	13	Chris	14	Patty	14	Sam	15	Bridget	16		17
	Tabata Dumbbells	Circuit Challenge	HITT - Ropeless Jump Ropes	Yoga	Bring Back 90s Hip Hop	Cardio and Core	Blackfly Run								
	18	Shelley	19	Bridget	20	Chris	21	Sam	21	Shelley	22	Mirinda	23		24
	HITT	Abs, Legs and Booties	Zumba	Stretch and Strengthen	Cardio Kickboxing	Upper Body Blast									
	25	Bridget	26	Kyla	27	Shelley	28	Mirinda	28	last day - All	29		30	JULY	1
	30 Minute Leg and Booty Workout	Cardio Fusion	Get Up & Go	Barre	Best of WOW (+Self Assessment - Part 2)										