

Fitness Schedule

Wood's Premier Martial Arts

905-777-9663

www.premiermartialarts.ca

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Cross KICK</u> Fitness Kickboxing meets cross Training cardioKICKBOX	6:00-6:45am 9:30-10:15am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm	7:15-8:00pm		5:00-5:40pm Low Impact	9:30-10:15am	9:30-10:15am
<u>Body Rock</u> (Cardio, body weight and Kettle Bell)			6:00-6:45am 6:15-7:00pm	9:30-10:15am			
<u>HIIT</u> High Intensity Interval training					6:00-6:45am 9:30-10:15am		
<u>(Low Impact Classes)</u>			4:45-5:20pm		5:00-5:40pm		
<u>Power Yoga</u>						8:00-9:00am	
<u>Cage Fitness</u> (MMA style work- out no contact just sweat!)		6:15-6:45pm	9:30-10 am	6:15-6:45pm			
<u>TRX</u> Suspension Training	6:15-7:00pm TRX and HIIT Class	9:30-10:15am		5:15-5:45pm		8:30-9:00am	

Schedule begins September 2015

Please note: **Bikini Boot Camp** program includes all classes unlimited on above schedule including crosskick

Crosskick/ cardioKICKBOX— includes only classes in gray