



# Wood's Premier Martial Arts

## Bikini Boot Camp Fitness Schedule

<u>Class Type</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>CardioKICKBOX</u> Fitness Kickboxing meets Cross Training crosskick <b>(co-ed)</b>	6:00-6:45am 9:30-10:15am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm	9:30am (cage fitness) 7:15-8:00pm		5:00-5:45pm	9:30-10:15am	9:30-10:15am
<u>Power Yoga</u> <b>(co-ed)</b>						8:00-9:00am	
<u>TRX Suspension Band Training</u> <b>(co-ed)</b>						8:30-9:00am	
<u>HIIT</u> High Intensity Interval training					6:00-6:45am 9:30-10:15am		
<u>Body Rock</u> (Cardio, body weight and Kettle Bell) <b>(Women only)</b>	4:15-4:55pm Body Rock/ TRX		6:00-6:45am 6:15-7:00pm	9:30am 4:15-5:00pm BAG			
<b>Circuit</b>		6:15-7pm		6:15-7pm			
<u>TRX</u> Suspension Training <b>(Women Only)</b>	6:15-7:00pm TRX and HIIT Class	9:30-10:15am				8:30-9:00am (co-ed)	

# Wood's cardioKICKBOX



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CROSS KICK</b> Fitness Kickboxing meets Cross Training <b>(co-ed)</b>	9:30-10:15 am 5:00-5:45pm 7:15-8:00pm	5:15pm-6:00pm	9:30-10am 7:15-8:00pm		9:30-10:15am 5:00-5:40pm	9:30-10:15am	9:30-10:15 am
Power Yoga 1 Hour Classes <b>(co-ed)</b>						8:00-9:00am	
Circuit Class		6:15pm		6:15pm			

