



Wood's Premier Martial Arts

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	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	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>Power Yoga</u>						8:00-9:00am	
<u>Cage Fitness</u> (MMA style work- out no contact just sweat!)		6:00-6:30pm	9:30-10 am	6:00-6:30pm			
<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	



BIKINI
BODY
BOOT CAMP

