



CLASS SCHEDULE

MONDAY

5:15 - 6:10 am Kettlebell Class
6:15 - 7:15 am Kettlebell Class
8:30 - 9:30 am Kettlebell Class
4:15 - 5:00 pm Kettlebell Class
5:00 - 5:30 pm Cardio & Core
5:30 - 6:30 pm Kettlebell Class

TUESDAY

5:15 - 6:00 am Cardio & Core
6:15 - 7:00 am Cardio & Core
8:30 - 9:15 am Cardio & Core
4:00 - 5:00 pm Strength & Conditioning
5:00 - 5:30 pm Cardio & Core
5:30 - 6:30 pm Strength & Conditioning
5:00 - 6:00 pm Cardio Boxing

WEDNESDAY

5:15 - 6:10 am Strength & Conditioning
6:15 - 7:15 am Strength & Conditioning
8:30 - 9:15 am Strength & Conditioning
4:00 - 5:00 pm Cardio Boxing
5:30 - 6:30 pm Strength & Conditioning
6:30 - 7:30 pm Yoga

THURSDAY

5:15 - 6:10 am Strength & Conditioning
6:15 - 7:15 am Strength & Conditioning
8:30 - 9:30 am Strength & Conditioning
4:00 - 5:00 pm Strength & Conditioning
5:00 - 5:30 pm Cardio & Core
5:30 - 6:30 pm Strength & Conditioning

FRIDAY

5:15 - 6:10 am Circuit
6:15 - 7:15 am Circuit
8:30 - 9:30 am Circuit

SATURDAY

7:00 - 7:45 am Cardio & Core
8:00 - 9:00 am Tactical Strength Training

SUNDAY

8:00 - 9:15 am Sunrise Yoga

CLASS DESCRIPTIONS

Cardio & Core: Ropes and Body Weight Techniques.

Circuit Training: Kettlebells, Tires & Sledgehammers.

EKC: Extreme Kettlebell Cardio.

Strength Training: Tires, Sledgehammers, Atlas Stones.

Kettlebell: Conditioning with Kettlebells.

Strength & Conditioning: Kettlebells, Ropes & Body Weight.

INFO@EWTRAININGWOODSTOCK.COM

815.308.5021