



= CLASS SCHEDULE =

MONDAY

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

WEDNESDAY

5:15- 6:10 am Strength & Conditioning
6:15- 7:15 am Strength & Conditioning
8:30- 9:15 am Strength & Conditioning
4:00- 5:30 pm Open Gym
5:30- 6:30 pm Strength & Conditioning
~~6:30- 7:30 pm Yoga (, Soon)~~

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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 Strength & Conditioning
9:15- 10:15 am Cardio Drumming

Closed SUNDAYS

CLASS DESCRIPTION

Cardio & Core: Ropes and Body Weight Techniques.
Circuit Training: Kettlebells, Tires, Sledgehammers.
Strength Training: Tires, Sledgehammers.
Kettlebells: Conditioning with Kettlebells.
Strength & Conditioning: Kettlebells, Ropes & Body Weight.