



CONQUER TRAINING - FALL 2019

Tuesday, September 3rd - Saturday December, 21st (16 weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Schedule	6:15-7:00 am Conquer Wake Up*	6:00-7:00 am POWERWATTS*	6:15-7:00 am Conquer Wake Up*	6:00-7:00 am POWERWATTS*		7:00-8:30 am POWERWATTS*
	8:45-9:30 am Lift for Life*	7:15-8:15 am POWERWATTS*		7:15-8:15 am POWERWATTS*	8:45-9:30 am Lift for Life*	9:00-10:00 am Power through FALL*
		9:30-10:30 am Conquer Powerstride & Conquer Running*	9:30-10:30 am Conquer Boxing	9:30-10:30 am Conquer Powerstride & Conquer TABATA*	9:30-10:30 am Conquer Studio Train*	10:05-11:05 am POWERWATTS*
	10:30-11:30 am Conquer Boxing		10:30-11:30 am Conquer Mobility			
Afternoon Schedule	12:10-12:50 pm Conquer Lunch*	12-1:00 pm POWERWATTS*	12:10-12:50 pm Conquer Lunch*	12-1:00 pm POWERWATTS*	12-1:00 pm POWERWATTS*	
		3:30-4:30 pm Elite Youth*	4:30-5:30 pm Conquer Prenatal			
Evening Schedule	4:45-5:45 pm POWERWATTS*	5:30-6:30 pm Girls Conquer Fitness	4:45-5:45 pm POWERWATTS*	5:00-6:00 pm Conquer Barre & Core	4:45-5:45 pm POWERWATTS*	
	6:00-7:00 PM BASKETBALL*	5:30-6:30 pm Conquer the Basics	5:30-6:30 pm Elite Youth*			
	6:00-7:00 PM POWERWATTS*	5:30-6:30 pm Elite Youth*	6:00-7:00 pm POWERWATTS*			
	6:30-7:30 pm Conquer Boxing*	6:30-7:30 pm Conquer Boot Camp*	6:30-7:30 pm BASKETBALL*	6:30-7:30 pm Conquer Metabolic*		
	7:30-8:30 pm BASKETBALL*		7:30-8:30 pm BASKETBALL*			

HOLIDAY CLOSURES
 Monday, September 2nd
 Monday, October 14th
 December 22nd - January 5th

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613.542.6867

www.conquertraining.guru



* indicates co-ed class