

# CONQUER TRAINING / POWERWATTS - FALL SCHEDULE 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Schedule	6:15-7:00 am sunrise group training	6:00-7:00 am POWERWATTS	6:15-7:00 am sunrise group training	6:00-7:00 am POWERWATTS		7:30-8:30 am POWERWATTS
	8:30-9:15 am WalkFit for Seniors	9:15-10:00 Group Run				
	9:30-10:15 am Mobility for Seniors	9:30-10:15 am Circuit Training	9:00-9:45 am Circuit Training	9:30-10:15 am Conquer TABATA	9:30-10:15 am group Strength Training	8:45-9:45 am POWERWATTS
			10:00-10:45 am Conquer Mobility			9:00-9:45 am Studio boot camp
Afternoon Schedule		12-1:00 pm POWERWATTS		12-1:00 pm POWERWATTS*		10:00-11:00 am POWERWATTS
	4:00-4:45 pm Youth Athlete				4:30-5:15 pm Conquer BARRE	
Evening Schedule	4:45-5:45 pm POWERWATTS		4:45-5:45 pm POWERWATTS		4:45-5:45 pm POWERWATTS	
	6:00-7:00 PM POWERWATTS	6:00-6:45 pm studio boot camp	6:00-7:00 pm POWERWATTS	6:00-6:45 pm studio boot camp		
				7:00-7:45 pm youth athlete		



**POWERWATTS**

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*What will you conquer this fall?*