

CONQUER TRAINING - FALL 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING SCHEDULE		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
		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	9:30-10:30 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	12:00-12:45 pm Boxing Fitness	12-1:00 pm POWERWATTS*		12-1:00 pm POWERWATTS*		
					4:30-5:15 pm Conquer BARRE	
EVENING SCHEDULE	4:45-5:45 pm POWERWATTS*		4:45-5:45 pm POWERWATTS*	4:30-5:30 pm POWERWATTS*	4:30-5:30 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		
	7:30-8:45 pm yoga					



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