

**WISC Fitness Academy Schedule**

**Updated: 2/27/2020**

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>6:00 am</b>		*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	Bootcamp (5:30 am) *Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	
<b>7:00 am</b>				Bootcamp		Bootcamp	
<b>8:00 am</b>		<i>Aqua Fit</i>		<i>Aqua Fit</i>			<i>Aqua Fit</i>
<b>8:30 am</b>	Bootcamp Open Gym						
<b>9:00 am</b>		<i>Deeply Fit</i>		<i>Deeply Fit</i>			<i>Deeply Fit</i>
<b>9:30 am</b>		<b>Yoga: Gentle (Emily)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Barre (Melissa)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga: Yoga Fusion (Traci)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga: All Levels Vinyasa (Emily)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Barre (Melissa)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga Rotating Guest Teachers</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60 Open Gym
<b>10:00 am</b>						<i>Aqua Fit</i>	
<b>10:45 am</b>						<b>Yoga: Yin (Melissa)</b>	
<b>11:00 am</b>				<b>Yoga: Beginner (Nastassia)</b>			
<b>1:00pm</b>		*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	
<b>4:00 pm</b>		Teen Sports Performance (Ages 11-15)	Teen Sports Performance (Ages 11-15)	Teen Sports Performance (Ages 11-15)	Teen Sports Performance (Ages 11-15)	Teen Sports Performance (Ages 11-15)	
<b>4:30 pm</b>		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
<b>4:45 pm</b>		Kids WOD (Ages 6-10)		Kids WOD (Ages 6-10)			
<b>5:30 pm</b>		<b>Yoga: Beginner (Irene)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga: YFAP (Nastassia)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga: All Levels (Paul)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	<b>Yoga: Yoga Fusion (Traci)</b> *Workout of the Day (WOD) *HIIT 30/ HIIT 60	*Workout of the Day (WOD) *HIIT 30/ HIIT 60	
<b>6:30 pm</b>							
<b>7:00 pm</b>			<i>Aqua Fit</i>	<i>Aqua Fit</i>			

\*Age Groups: HIIT30/HIIT60 & WOD classes are for 16 years + only!  
Open Gym is ONLY 4:30 pm on Weekdays and 9:30 am on Saturdays.

**PLEASE NOTE: MASTER SCHEDULE CAN BE FOUND ON OUR SELF-SERVICE PORTAL. ANY LAST-MINUTE CHANGES OR CANCELATIONS WILL BE NOTED THERE.**

Bold=Mind/Body Studio

Regular=Sports Performance Gym

Italic=Aquatics Center

Please check in 30 minutes prior to your class using our online self-service portal at <https://6645.ezfacility.com/login>