

**WISC Fitness Academy Complete Schedule**

**SEPTEMBER 2019**

**Updated: 9/3/2019**

|                 | <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>  |  | Barbell Club<br>Workout of the Day (WOD)  | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                                  | Bootcamp (5:30 am)<br>Barbell Club<br>Workout of the Day (WOD)                               | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                                 | Barbell Club<br>Workout of the Day (WOD)   |  |
| <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                                     |   |   |  |  |  |  |
| <b>9:00 am</b>  |  |   |   |  |  |  | <i>Deeply Fit</i>  |
| <b>Open Gym</b> | Open Gym<br>8:30-10:30 am                    |   |   |  |  |  | Open Gym 8:30-10:30 am   |
| <b>9:30 am</b>  | HIIT 30/ HIIT 60                             | <b>Yoga: Gentle (Traci)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 | <b>Barre (Melissa)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60        | <b>Yoga: Vinyasa (Traci)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 | <b>Yoga: YFAP (Emily)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60    | <b>Barre (Melissa)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 | <b>Yoga: Vinyasa (Nastassia)</b><br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 |
| <b>10:45 am</b> |  |   | <b>Yoga: Yin (Libbey)</b>   |  |  | <b>Yoga: Yin (Melissa)</b>   |  |
| <b>11:00 am</b> |  | <b>Yoga: YFAP (Emily)</b>   |   | <b>Yoga: Chair (Nastassia)</b>   | <b>Yoga: Gentle (Nastassia)</b>  |  |  |
| <b>1:00pm</b>   |  | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60<br>Open Gym                    | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60<br>Open Gym                      | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                                 | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                                 | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                           |  |
| <b>3:30 pm</b>  |  | Teens WOD   | Teens WOD   | Teens WOD  | Teens WOD  | Teens WOD  |  |
| <b>4:30 pm</b>  | <b>Yoga: Candlelight Restorative (Missy)</b> | Sports Performance<br>Open Gym<br>Kids WOD (4:45-5:15 pm)                                   | <b>Guided Meditation (Paul)</b><br>Sports Performance<br>Open Gym                             | Sports Performance<br>Open Gym<br>Kids WOD (4:45-5:15 pm)                                    | Sports Performance<br>Open Gym   | Sports Performance<br>Open Gym   |  |
| <b>5:30 pm</b>  |  | <b>Barre (Melissa)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60      | <b>Yoga: YFAP (Nastassia)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 | <b>Yoga: Gentle (Missy)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60  | <b>Yoga: Vinyasa (Traci)</b><br>Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60 | Barbell Club<br>Workout of the Day (WOD)<br>HIIT 30/ HIIT 60                           |  |
| <b>6:30 pm</b>  |  | <b>Yoga: Gentle (Missy)</b>   |   |  |  |  |  |
| <b>7:00 pm</b>  |  |   | <i>Aqua Fit</i>   |  | <i>Aqua Fit</i>  |  |  |

Bold=Mind/Body Studio

Regular=Sports Performance Gym

Italic=Aquatics Center