

Your Week at a Glance

High Intensity Gold Members - Live High Intensity Boxing PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)		1:30 p.m. High Intensity Boxing		1:30 p.m. High Intensity Boxing	10:30 a.m. High Intensity PWR!Moves 12:30 p.m. Specialty Class (Pick one or both!)		
Pre-recorded classes	Cardio High Intensity PWR!Moves, PWR! Circuit, or Boxing	Cardio, ideally before live class	Cardio High Intensity PWR!Moves, PWR! Circuit, or Boxing	Cardio, ideally before live class		Cardio High Intensity PWR!Moves, PWR! Circuit, or Boxing	Pick a pre-recorded class!
Cooldowns, stretching, mindfulness	Yes		Yes		Yes	Yes	
Enrichment	Fundamentals		Fundamentals	Fundamentals	Fundamentals		
Other events			Parkinson Disease Expert Seminar				



Reminder!

All times listed are in Arizona Time. [What time is it in Arizona?](#)

- PWR!'s recommended priorities are in **bold**
- Extra challenges are in **blue**