

Your Week at a Glance

High Intensity Gold Members—Live HIIT Class PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)	7:30 a.m. HIIT AM OR 3:00 p.m. HIIT PM		7:30 a.m. HIIT AM OR 3:00 p.m. HIIT PM		10:30 a.m. High Intensity PWR!Moves 12:30 p.m. Specialty Class (Pick one or both!)		
Pre-recorded classes	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	Cardio, ideally before live class		Cardio High Intensity PWR!Moves, PWR! Circuit, or Boxing
Cooldowns, stretching, mindfulness		Yes		Yes		Pick 1-2	Yes
Enrichment		Fundamentals	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**