

# Your Week at a Glance

## High Intensity Platinum Members PWR!® Virtual Experience

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



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**