Proposed Programming Schedule for 10-Sauna Location - Homewood, IL

HOTWORX® SCHEDULE

	6:00 AM	6:45 AM	7:30 AM	8:15 AM	9:00 AM	9:45 AM	10:30 AM	11:15 AM	12:00 PM	12:45 PM	1:30 PM	2:15 PM	3:00 PM	3:45 PM	4:30 PM	5:15 PM	6:00 PM	6:45 PM	7:30 PM	8:15 PM	9:00 PM	9:45 PM	10:30 PM	11:15 PM	12:00 AM	12:45 AM	1:30 AM	2:15 AM	3:00 AM	3:45 AM	4:30 AM	5:15 AM
ISOMETRIC WORKOUTS 1	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS	ISO	BUNS
2	YOGA																															
3	PILATES																															
4	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE	STRETCH	BARRE NONE
5	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE	BANDS	WARRIOR	CORE
6	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS	STRETCH	CORE	WARRIOR	BANDS
HIIT WORKOUTS 7	CYCLE																															
8	CYCLE																															
9	BLAST																															
10	THUNDER																															

6 AM :15 :30 :45 7 AM :15 :30 :45 8 AM :15 :30 :45 9 AM :15 :30 :45 10 AM :15 :30 :45 11 AM :15 :30 :45 12 PM :15 :30 :45 1 PM :15 :30 :45 2 PM :15 :30 :45 3 PM :15 :30 :45 4 PM :15 :30 :45 5 PM :15 :30 :45 6 PM :15 :30 :45 7 PM :15 :30 :45 8 PM :15 :30 :45 9 PM :15 :30 :45 10 PM :15 :30 :45 11 PM :15 :30 :45 12 AM :15 :30 :45 1 AM :15 :30 :45 2 AM :15 :30 :45 3 AM :15 :30 :45 4 AM :15 :30 :45 5 AM :15 :30 :45