



ITINERARY

DAY 1 UPPER BODY + REVIEW

**This is a tentative schedule and is subject to change.*

9:00 am Registration

9:30 am Introductions

9:45 am Housekeeping

10:00 am Mobility warm up

10:15 am Upper Body

12:30 pm 45 min Lunch

1:15 pm Upper Body

2:45 pm 5 min break

2:50 pm Upper Body

4:00 pm Review

5:00 pm Conclusion

DAY 2 LOWER BODY + REVIEW

**This is a tentative schedule and is subject to change.*

9:00 am Mobility warm up

9:15 am Lower Body

10:45 am 5 min break

10:50 am Lower Body

12:30 pm Lunch

1:15 pm Lower Body

2:45 pm 5 min break

2:50 pm Lower Body

4:00 pm Review

5:00 pm Conclusion

DAY 3 REVIEW & TEST

**This is a tentative schedule and is subject to change.*

9:30 am Full run-through review

11:30 am 15-minute break

11:45 am Test

12: 45 pm Conclusion + Certificate Ceremony