

Bodyworks 4th & Slide

ART OF STRENGTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
MAY		1 5:30 PM RopesGoneWild 6:00 PM Vintage Tabata	2 6:00 AM Advanced Tabata 6:00 PM Vintage Tabata	3 5:30 PM Vintage Tabata 6:00 PM Ropes Gone Wild	4 5:30 PM Advanced Tabata	5 9:30 AM Basic Training 10:00 AM Ropes Gone Wild	
	6 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	7 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	8 5:30 PM RopesGoneWild 6:00 PM Vintage Tabata	9 6:00 AM Advanced Tabata 6:00 PM Vintage Tabata	10 5:30 PM Vintage Tabata 6:00 PM Ropes Gone Wild	11 5:30 PM Advanced Tabata	12 9:30 AM Basic Training 10:00 AM Ropes Gone Wild
	13 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	14 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	15 5:30 PM RopesGoneWild 6:00 PM Vintage Tabata	16 6:00 AM Advanced Tabata 6:00 PM Vintage Tabata	17 5:30 PM Vintage Tabata 6:00 PM Ropes Gone Wild	18 5:30 PM Advanced Tabata	19 9:30 AM Basic Training 10:00 AM Ropes Gone Wild
	20 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	21 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	22 5:30 PM RopesGoneWild 6:00 PM Vintage Tabata	23 6:00 AM Advanced Tabata 6:00 PM Vintage Tabata	24 5:30 PM Vintage Tabata 6:00 PM Ropes Gone Wild	25 5:30 PM Advanced Tabata	26 9:30 AM Basic Training 10:00 AM Ropes Gone Wild
	27 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	28 6:00 AM Vintage Tabata 6:00 PM Advanced Tabata	29 5:30 PM RopesGoneWild 6:00 PM Vintage Tabata	30 6:00 AM Advanced Tabata 6:00 PM Vintage Tabata	31 5:30 PM Vintage Tabata 6:00 PM Ropes Gone Wild	5:30 PM Advanced Tabata	

AOS BASIC TRAINING: **Mandatory before participating in all other AOS sessions.** Introduction to vintage equipment and movements; foundational AOS exercises will bring a challenging workout in just 30 minutes! Good for all levels.

Vintage Tabata: (Formerly AOS Express) Using all the AOS tools, this class delivers a dynamic 30 minute workout to improve strength and endurance. This workout is in TABATA format, but exercises will vary from session to session. Good for all levels. *An understanding of AOS Essentials is required.*

Advanced Tabata: (Formerly AOS Extreme) Take your skills to the next level! This class is a progression from vintage tabata, incorporating more advanced and integrated movements and equipment in a fun and technically challenging class. *An understanding of the AOS Essentials is required.*

Ropes Gone Wild: "Undulating" or making a wave-like motion with the ropes brings an intense, fun 20-25 minute cardio workout.