

MIX & MATCH 45 MIN CLASS OCTOBER NOW

TABATA NOW WARM-UP (5 min)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #1 HALLUCINATE	128	PREP	32 x 2	30 sec.	
		Move 1:	32 x 2	30 sec.	
		Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Repeat Moves 1-4	32 x 8	2 min	

STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (15 min 30 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 2 READY	Set Up	32 x 2	30 sec.	00:30 "3, 2, 1, Go" to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "Don't Stop" at the halfway point 03:00 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:30 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	04:00 "Don't Stop" at the halfway point 04:30 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:30 "3, 2, 1, Go" to start move 4
TRACK #3 WILDCHILD	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:00 "3, 2, 1, Go" to start move 7
TRACK #4 LOOK BACK IT	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	

HIIT NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min 35 sec)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 2 PANDA	150	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat

	Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
	Move 3	32 x 2	30 sec.	01:30 " 3, 2, 1, Go " to start move 3 02:00 " 3, 2, 1, Rest " to stop
	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
	Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
	REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
	Move 5	32 x 2	30 sec.	03:00 " 3, 2, 1, Go " to start move 5 03:30 " 3, 2, 1, Recover " to stop
	REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
	Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6 04:15 " 3, 2, 1, Recover " to stop
REST	32 x 4	60 sec.	05:15 " 3, 2, 1, Go " to start move 1	
TRACK 3 ROCKSTAR	Repeat Moves 1-6	32 x 21	5 min 15 sec	05:15 " 3, 2, 1, Go " to start Block 2

YOGA NOW BLOCK (13 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #7 IF THE WORLD WAS ENDING	Prep	32 x 1	30 sec.	
	Move 1:	32 x 1	30 sec.	
	Move 2:	32 x 1	30 sec.	
	Move 3:	32 x 1	30 sec.	
	Repeat Moves 1-3	32 x 3	1 min. 30 sec.	
	Move 4:	32 x 1	30 sec.	
	Move 5:	32 x 1	30 sec.	
	Move 6:	32 x 1	30 sec.	
	Repeat Moves 4-6	32 x 3	1 min. 30 sec.	
	Move 9:	32 x 1	30 sec.	
	Move 10:	32 x 1	30 sec.	
	Move 11:	32 x 1	30 sec.	
	Repeat Moves 9-11	32 x 3	1 min. 30 sec.	
	Transition to next Track	32 x 1	30 sec.	
TRACK #8 DROP DEAD	Prep:	32 x 1	30 sec.	
	Move 1:	32 x 2	1 min.	
	Move 2:	32 x 1	30 sec.	
	Move 3:	32 x 2	1 min.	
	Move 4:	32 x 1	30 sec.	
	Move 5:	32 x 2	1 min.	
	Move 6:	32 x 1	30 sec.	
	Repeat Moves 1-6	32 x 9	4 min 30 sec.	
	Transition to end of Track	32 x 1	30 sec.	