

JULY 27-28

Table with 8 columns and 3 rows for Wednesday and Thursday events. Includes categories like UrbanKick, U-Jam, Barre Above, SCW Personal Training, SCW Yoga I, etc.

FRIDAY, JULY 29

Table with 8 columns and 5 rows for Friday events. Includes categories like Ropes Unleashed, Crazy Core, ZUMBA, Barre Advanced, Speedball, PLYOGA, Balance Strategies, Shockwave, etc.

SATURDAY, JULY 30

Table with 8 columns and 6 rows for Saturday events. Includes categories like Keynote Address, SA1, SA2, SA3, SA4, SA5, SA6 Evening Sessions, etc.

SUNDAY, JULY 31

Table with 8 columns and 4 rows for Sunday events. Includes categories like SU1, SU2, SU3, SU4, Ballet Barre Certification, PLYOGA, etc.

SCW ATLANTA MANIA® Schedule at a Glance

Table with 8 columns and 2 rows for Wednesday and Thursday events. Includes categories like SCW Aquatic Exercise, Schwinn, SCW Sports Nutrition, etc.

Table with 16 columns (I-Q) and 1 row for categories: AQUA (ACTIVITY), AQUA (LECTURE), SCHWINN® CYCLING, MATRIX IN-TRINITY / MOI CYCLING, NUTRITION LECTURE, EXERCISE SCIENCE & NUTRITION LECTURE, BUSINESS & MOTIVATION LECTURE, SUSPENSION & CIRCUIT TRAINING, BOXMASTER®.

Table with 16 columns and 1 row for Friday events. Includes categories like Aquatic Solutions, Deep Water Dance Party, Schwinn, Introduction to IN-TRINITY, etc.

Table with 16 columns and 4 rows for Saturday events. Includes categories like Aqua Abs Kulp, Aqua ZUMBA, Schwinn, IN-TRINITY, Metabolism, Sleep, Cream Rises, etc.

Table with 16 columns and 1 row for Sunday events. Includes categories like Suspended Aqua Core, Tab-Aqua Boot Camp, Schwinn, IN-TRINITY, Go Bones, Fitness and Sleep, etc.

Table with 16 columns and 2 rows for Sunday events. Includes categories like H.E.A.T. Waves, H2O Luscious Limbs, Schwinn, Introduction to IN-TRINITY, The 12 Truths, Meals & Musings, etc.

Table with 16 columns and 3 rows for Sunday events. Includes categories like Spirited Surf, Aqua Zen, Schwinn, IN-TRINITY, Common Sense Nutrition, Supramaximal Eccentric Training, etc.

Table with 16 columns and 1 row for Sunday events. Includes categories like 30 in 40, Schwinn, Aqua Block Party, Schwinn, etc.

Table with 16 columns and 2 rows for Sunday events. Includes categories like WaterinMotion, Go Deep, Schwinn, MOI CYCLE, WEIGHT MANAGEMENT, etc.