

WEDNESDAY OCT. 3 & THURSDAY OCT. 4

Table with 8 columns and 2 rows of workshop details for Wednesday and Thursday, including titles like 'SCW Aquatic Exercise Certification' and 'SCW Yoga I Certification'.

Table with 8 columns and 2 rows of workshop details for Wednesday and Thursday, including titles like 'SCW Group Exercise Certification' and 'SCW Yoga II Certification'.

MIDWEST MANIA SCHEDULE



Table with 8 columns labeled A through H, representing different fitness categories like 'A TRAINING', 'B HIIT / CORE', etc.

Table with 8 columns labeled I through Q, representing different fitness categories like 'I ACTIVE AGING / RECOVERY', 'J CYCLING', etc.

FRIDAY, OCTOBER 5

Table with 8 columns and 6 rows of session details for Friday, October 5, including times like 'FR1 7:30am-9:00am' and 'FR6 EVENING SESSIONS 6:30pm-7:30pm'.

Table with 8 columns and 6 rows of session details for Friday, October 5, including times like 'FR1 7:30am-9:00am' and 'FR6 6:30pm-7:30pm'.

FRIDAY, OCTOBER 5

SATURDAY, OCTOBER 6

Table with 8 columns and 7 rows of session details for Saturday, October 6, including times like 'SA1 7:00am-8:30am' and 'SA7 EVENING SESSIONS 6:45pm-7:45pm'.

Table with 8 columns and 7 rows of session details for Saturday, October 6, including times like 'SA1 7:00am-8:30am' and 'SA7 6:45pm-7:45pm'.

SATURDAY, OCTOBER 6

SUNDAY, OCTOBER 7

Table with 8 columns and 4 rows of session details for Sunday, October 7, including times like 'SU1 7:00am-8:30am' and 'SU4 1:00pm-2:30pm'.

Table with 8 columns and 4 rows of session details for Sunday, October 7, including times like 'SU1 7:00am-8:30am' and 'SU4 1:00pm-2:30pm'.

SUNDAY, OCTOBER 7