Timing for Four Class Lengths

This planner gives you a series structure that scales across four class lengths.

Every class follows the same shape

- A warm-up, a set number of timed work series, and a cool-down.
- Within each series, you'll move through 4 exercises for 2 rounds, working for 40–45 seconds per exercise depending on class length
- 25-second rest built in after each series to reset before the next one begins.

You can teach any length class using the same pacing, cueing rhythm, and structure. Series can be structured as full-body or targeted — depending on how many series you have, you can focus on specific areas or mix in combos to keep the format varied.

You can prebuild these timers using websites/apps like IntervalTimer.com to make class time management easier.

Block	**30 mins**	**45 mins**	**50 mins**	**60 mins**
Warm-Up	3-4 min	3-4 min	4-5 min	4-5 min
Work Series	4	6	6	8
Work	40 sec	40 sec	45 sec	45 sec
Rest	25 sec after series	25 sec after series	25 sec after series	25 sec after series
Each Series	5:45	5:45	6:25	6:25
Time Per Series	~23 mins	~34 mins	~38 mins	~51 mins
Cool-Down	3-4 min	3-4 min	4-5 min	4-5 min
Total Series	6	8	8	10

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30 and 45 mins Class Planner

30 mins class

Song	Block	Exercises	# Moves	Rounds	Work	Rest	Elapsed
1	Warm-up		-	-	-	-	0:00–3:00
2–3	Series 1		4	2x	40 sec	*25 sec after series*	3:00–8:45
4–5	Series 2		4	2x	40 sec	*25 sec after series*	8:45–14:30
6–7	Series 3		4	2x	40 sec	*25 sec after series*	14:30–20:15
8–9	Series 4		4	2x	40 sec	*25 sec after series*	20:15–26:00
10	Cool-down		-	-	-	-	26:00–29:00

45 mins class

Song	Block	Exercises	# Moves	Rounds	Work	Rest	Elapsed
1	Warm-up		-	-	-	-	0:00–3:00
2–3	Series 1		4	2x	40 sec	*25 sec after series*	3:00–8:45
4–5	Series 2		4	2x	40 sec	*25 sec after series*	8:45–14:30
6–7	Series 3		4	2x	40 sec	*25 sec after series*	14:30–20:15
8–9	Series 4		4	2x	40 sec	*25 sec after series*	20:15–26:00
10–11	Series 5		4	2x	40 sec	*25 sec after series*	26:00–31:45
12–13	Series 6		4	2x	40 sec	*25 sec after series*	31:45–37:30
14	Cool-down		-	-	-	-	37:30–40:30

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50 and 60 mins Classs Planner

50 mins class

Song	Block	Exercises	# Moves	Rounds	Work	Rest	Elapsed
1	Warm-up		-	-	-	-	0:00–4:00
2–3	Series 1		4	2x	45 sec	*25 sec after series*	4:00–10:25
4–5	Series 2		4	2x	45 sec	*25 sec after series*	10:25–16:50
6–7	Series 3		4	2x	45 sec	*25 sec after series*	16:50–23:15
8–9	Series 4		4	2x	45 sec	*25 sec after series*	23:15–29:40
10–11	Series 5		4	2x	45 sec	*25 sec after series*	29:40–36:05
12–13	Series 6		4	2x	45 sec	*25 sec after series*	36:05–42:30
14	Cool-down		-	-	-	-	42:30–46:30

60 mins class

Song	Block	Exercises	# Moves	Rounds	Work	Rest	Elapsed
1	Warm-up		-	-	-	-	0:00–4:00
2–3	Series 1		4	2x	45 sec	*25 sec after series*	4:00–10:25
4–5	Series 2		4	2x	45 sec	*25 sec after series*	10:25–16:50
6–7	Series 3		4	2x	45 sec	*25 sec after series*	16:50–23:15
8–9	Series 4		4	2x	45 sec	*25 sec after series*	23:15–29:40
10–11	Series 5		4	2x	45 sec	*25 sec after series*	29:40–36:05
12–13	Series 6		4	2x	45 sec	*25 sec after series*	36:05–42:30
14–15	Series 7		4	2x	45 sec	*25 sec after series*	42:30–48:55
16–17	Series 8		4	2x	45 sec	*25 sec after series*	48:55–55:20
18	Cool-down		-	-	-	-	55:20–59:20

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