

Online STUDIO Weekly Workout Plan

APRIL 29 - MAY 5
35-45 Minute Classes

Log into Your Account, Click on the class and iGnite!

APR 29	APR 30	MAY 1	MAY 2	MAY 3	MAY 4	MAY 5
<u>Cardio,</u> <u>Glutes &</u> <u>Abs</u> <u>Pyramid</u>	<u>Full Body</u> <u>Push &</u> <u>Power</u>	<u>No Impact</u> <u>Full Body</u> <u>Sculpt</u>	<u>Cardio</u> <u>Kickboxing</u> <u>+ Isometric</u> <u>Strength</u>	<u>Full Body</u> <u>Strength</u> <u>Ladder</u>	Enjoy a 30-minute power walk, jog, bike ride and stretch	Rest & enjoy your day.
+	+					
15 Minutes of Outside Fun!	15 Minutes of Outside Fun!					
Dumbbells,	Dumbbells	Lt. Dumbbells Ankle Wts Yoga Block	Dumbbells	Dumbbells		
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		