

Online STUDIO Weekly Workout Plan

APRIL 22 - APRIL 28
35-45 Minute Classes

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

APR 22	APR 23	APR 24	APR 25	APR 26	APR 27	APR 28
<u>Cardio,</u> <u>Triceps &</u> <u>Abs</u> <u>Circuit</u>	<u>Full Body</u> <u>Strength &</u> <u>Cardio</u> <u>Pyramid</u>	<u>Body</u> <u>Weight</u> <u>HIIT</u>	<u>Lower</u> <u>Body & Arms</u> <u>AMRAP</u>	<u>Strong &</u> <u>Sculpted</u> <u>Thighs,</u> <u>Back and</u> <u>Chest</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!	15 Minutes of Outside Fun!	15 Minutes of Outside Fun!	15 Minutes of Outside Fun!	15 Minutes of Outside Fun!	15 Minutes of Outside Fun!
Dumbbells, Lt. Closed Loop Res. Band	Dumbbells	Towel	Dumbbells	Dumbbells Booty Band		
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		