

Online STUDIO Weekly Workout Plan

SEPT 30 - OCT 6

35-60 Minute LIVE Classes

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

SEPT 30	OCT 1	OCT 2	OCT 3	OCT 4	OCT 5	OCT 6
<p><u>Cardio Kickboxing</u> + <u>Plank Party</u></p>	<p><u>Dynamic Strength + Eccentric Slow Burn</u></p>	<p><u>Full Body HIIT</u></p>	<p><u>No Repeat Cardio & Abs</u></p>	<p><u>Full Body Sculpt Fire + Flow & Stretch</u></p>	<p>Enjoy a 30-minute power walk, jog, bike ride or outside fun</p>	<p>Rest, Stretch & Enjoy Your Day</p>
<p>3-5lb wts</p>	<p>Dumbbells</p>	<p>Dumbbells Booty Band</p>	<p>Dumbbells Pilates Ball</p>	<p>Lt. Dumbbells Ankle Weight Chair Yoga Block</p>	<p>Have fun doing what you love with the ones you love</p>	
<p>40-Minute</p>	<p>35-Minute</p>	<p>45-Minute</p>	<p>35-Minute</p>	<p>60--Minute</p>		