

# LIVE Class Schedule

## FEB 12 - FEB 18

### 45-60 Minute LIVE Classes

Log into Your Account, Book Your Classes and Let's iGnite

Once class is led LIVE, you can view in STUDIO on MWF by 11:00 a.m. & T/T by 9:00 a.m

FEB 12	FEB 13	FEB 14	FEB 15	FEB 16	FEB 17	FEB 18
8:30 am CST	6:15 am CST	8:30 am CST	6:15 a.m CST	8:30 am CST	Online STUDIO	Online STUDIO
<u>Strength, Cardio &amp; Core Ladder</u>	Lateral Strength, Balance & Cardio	Cardio Kickboxing Tabata + Quads, Hamstrings & ALL OUT Thrusters	Sculpted Arms, Glutes & Abs	Slider Legs, Arms & Core Supersets + 15 Minute Stretch	Cardio Core Tabata	<u>Today Body Stretch</u>
Dumbbells	Dumbbells Booty Band Yoga Block	Dumbbells Kettlebells	Dumbbells, LBooty Band Lt. Resistance Band	Dumbbells 2 Sliders (pot holders)	Have fun doing what you ❤️ doing with the ones you ❤️  No Equipment!	Bolster (Folded Blanket)  Happy Sunday! Rest, Stretch & Enjoy Your Day!
45-Minute	35-Minute	35-Minute	35-Minute	60-Minute	30-Minute	