

Online STUDIO Weekly Workout Plan

OCT 28 - NOV 3
35-60 Minute LIVE Classes

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

OCT 28	OCT 29	OCT 30	OCT 31	NOV 1	NOV 2	NOV 3
<u>Full Body Strength & Cardio Tabata</u>	<u>No Impact Outer Thigh Sculpt</u>	<u>Cardio Kickboxing + Shoulders & Biceps</u>	<u>Sweaty Cardio Core</u>	<u>Muscular Max Out</u>	Enjoy a 30-minute power walk, jog, bike ride or outside fun	Rest, Stretch & Enjoy Your Day
Dumbbells BOSU Ball	Booty Band Ankle Wts	Dumbbells	Pilates Ball	Dumbbells	Have fun doing what you love with the ones you love	
<i>40-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>45--Minute</i>		