

# LIVE Class Schedule

## SEPT 30 - OCT 6

### 35-60 Minute 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 8:30 a.m

SEPT 30	OCT 1	OCT 2	OCT 3	OCT 4	OCT 5	OCT 6
8:30 am CST	6:15 am CST	8:30 am CST	6:15 am CST	8:30 am CST	Power walk, light jog, bike ride or swim	Happy Sunday!
<b><u>Lower Body Strength and Cardio Pyramid</u></b>	<b><u>Chest, Shoulder &amp; Triceps</u> + <u>Cardio Blast</u></b>	<b>Full Body HIIT + Ab Burnout</b>	<b>Cardio Kickboxing Sculpt</b>	<b>Strength &amp; Sweaty Burpee Builder + Full Body Stretch</b>		<b>Rest &amp; enjoy your day doing what you love with the ones you love!</b>
Dumbbells	Dumbbells Lt. Closed-Loop Resistance Band	Dumbbells Chair	3-5lb weights	Dumbbells Yoga Block		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>60-Minute</i>		