

# LIVE Class Schedule

## APRIL 22 - APRIL 28

### 35-45 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 8:30 a.m

APR 22	APR 23	APR 24	APR 25	APR 26	APR 27	APR 28
8:30 am CST	6:15 am CST	8:30 am CST	6:15 am CST	8:30 am CST	Enjoy a 30-minute power walk, jog, bike ride or outside fun	Rest, Stretch & Enjoy Your Day
<u>Cardio,</u> <u>Glutes &amp;</u> <u>Abs</u> <u>Pyramid</u>	<u>Full Body</u> <u>Push &amp;</u> <u>Power</u>	<u>No Impact</u> <u>Full Body</u> <u>Sculpt</u>	<u>Cardio</u> <u>Kickboxing</u> <u>+ Isometric</u> <u>Strength</u>	Full Body Strength Ladder  +		+ 15 Min of Outside Fun!
+	+	+	+	+		
15 Min of Outside Fun!	15 Min of Outside Fun!	15 Min of Outside Fun!	15 Min of Outside Fun!	15 Min of Outside Fun!		
Dumbbells,	Dumbbells	Lt. Dumbbells Ankle Wts Yoga Block	Dumbbells	Dumbbells Bench/Riser or Step	Have fun doing what you love with the ones you love	
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		