

Online STUDIO Weekly Workout Plan

JULY 8 - JULY 14
35-45 Minute Classes

Log Into Your Account, Click on the Class & iGnite!

JULY 8	JULY 9	JULY 10	JULY 11	JULY 12	JULY 13	JUNE 14
<u>Star Spangled Sweaty HIIT</u> (<u>Cardio, Core & Dance</u>)	<u>Red, White & Burn</u> (<u>Butt, Back & Biceps</u>)	<u>Independence Day Knock-Out</u> (<u>Cardio Kickboxing + Strength</u>)	<u>No Impact Slow Burn</u> <u>Legs</u>	<u>Cardio Core Ladder</u>	Enjoy a 30-minute power walk, jog, bike ride and stretch	Rest & enjoy your day.
Dumbbells Towel	Dumbbells, Booty Band, 2 Yoga Blocks	Dumbbells	Yoga mat, Dumbbells, Chair Sliders	Dumbbells Bench/Step.		
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		