

LIVE Class Schedule

APRIL 29 - MAY 5

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 29	APR 30	MAY 1	MAY 2	MAY 3	MAY 4	MAY 5
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>Dynamic Movement</u> + <u>Lower Body Strength</u> + 15 Min of Outside Fun!	<u>Upper Body Strength & Cardio HIIT</u> + 15 Min of Outside Fun!	<u>No Impact Abs & Inner Thighs Sculpt</u>	<u>No Repeat Full Body Strength & Cardio</u>	Strong Glutes, Core & Low Impact Cardio	Have fun doing what you love with the ones you love	
Dumbbells,	Dumbbells Bech	Ankle Wts Pilates Ball	Dumbbells	Dumbbells Chair Booty Band		
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		