

LIVE Class Schedule

JULY 8 - JULY 14

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

JULY 8	JULY 9	JULY 10	JULY 11	JULY 12	JULY 13	JULY 14
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>Vacation-Friendly</u> <u>Total</u> <u>Body Tabata</u>	<u>Vacation-Friendly</u> <u>Full</u> <u>Body</u> <u>HIIT</u>	<u>Vacation-Friendly</u> <u>Body</u> <u>Weight</u> <u>HIIT</u> <u>Pyramid</u>	Vacation-Friendly Body Weight HIIT	Vacation-Friendly Body Weight HIIT		
Broom	Low Step/ Bench	2-Gallon Water Jugs	Towel Booty Band	Chair 2 Pot Holders	Have fun doing what you love with the ones you love	
45-Minute	35-Minute	45-Minute	35-Minute	45-Minute		