

Online STUDIO

Weekly Workout Plan

JULY 22 - JULY 28

30-35 Minute Class Schedule

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

JULY 22	JULY 23	JULY 24	JULY 25	JULY 26	JULY 27	JULY 28
<u>Full Body HIIT Ladder</u>	<u>No Impact Full Body Sculpt</u>	<u>Total Body Tabata</u>	<u>No Impact Outer Thigh & Bicep Strength</u>	<u>No Impact Shoulder & Core</u>	Light Jog, Power Walk, Swim or Bike Ride + <u>Total Body Stretch</u>	Rest Spend time Outside & Enjoy Your Day!
Dumbbells	Dumbbells/ Ankle Wts & Slider	Body Weight	Dumbbells & Ankle Weights	Dumbbells	Yoga Block	
<i>35-Minute</i>	<i>30-Minute</i>	<i>30-Minute</i>	<i>35-Minute</i>	<i>35-Minute</i>	<i>30-Minute</i>	