


LIVE Class Schedule

NOV 25 - DEC 1
35-60 Minute 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

NOV 25	NOV 26	NOV 27	NOV 28	NOV 29	NOV 30	DEC 1
8:30 am CST	6:15 am CST	8:30 am CST	6:15 am CST	8:30 am CST	Power walk, light jog, bike ride, or swim, and stretch	Happy Sunday!
<u>Full Body</u> <u>Sculpt</u> <u>Fire</u>	<u>No Repeat</u> <u>One-</u> <u>Dumbbell</u> <u>Strength,</u> <u>Cardio &</u> <u>Core</u>	Body Weight Cond't	 Happy Thanksgiving	Enjoy a long walk and your day!		Rest & enjoy your day doing what you love with the ones you love!
Ankle Wts Wrist Wts Small Towel	1 Moderate to Heavy Dumbbell	Booty Band Chair				
45-Minute	35-Minute	45-Minute				