

Online STUDIO Weekly Workout Plan

JULY 22 - JULY 28
35-45 Minute Classes

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

JULY 22	JULY 23	JULY 24	JULY 25	JULY 26	JULY 27	JUNE 28
<u>Butt & Arms Burnout</u>	<u>No Repeat Cardio & Abs</u>	<u>No Impact Full Body Sculpt HIIT</u>	<u>STRONG Chest, Back & Core Circuits</u>	<u>We Got the Beat! Strength & Cardio</u>	Enjoy a 30-minute power walk, jog, bike ride and stretch	Rest & enjoy your day.
Dumbbells Light & Heavy Booty Band	1 Moderate to Heavy Dumbbell & Pilates Ball	Light Dumbbells, Booty Band	Dumbbells & Yoga Block	Dumbbells		
<i>45-Minute</i>	<i>35-Minute</i>	<i>40-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>		