

iGnite STUDIO!

Weekly Workout Plan

NOV 20 - NOV 26

15-45 Minute Class Schedule

Click on the underlined text on each day & be taken to the workout.

NOV 20	NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26
<p><u>Cardio</u> <u>HIIT +</u> <u>STRONG</u> <u>ABS</u></p>	<p><u>Core</u> <u>Fire</u></p>	<p><u>Dynamic</u> <u>Cardio +</u> <u>Isometric</u> <u>Strength</u></p>	<p> <u>Sweaty</u> <u>Sculpt</u></p>	<p><u>Muscular</u> <u>Max Out</u> <u>Strength</u></p>	<p>Light Jog, Power Walk, Swim or Bike Ride + <u>Mobility</u></p>	<p>Rest. Spend time outside. Enjoy time with God & the ones you love.</p>
<p>Dumbbells Sweat Towel</p>	<p>Booty Band</p>	<p>Dumbbells</p>	<p>Ankle & Wrist Weights</p>	<p>Dumbbells Booty Band 2 Yoga Blocks</p>	<p>Blanket/ Towel</p>	<p>Enjoy Your Day!</p>
<p><i>45-Minute</i></p>	<p><i>35-Minute</i></p>	<p><i>45-Minute</i></p>	<p><i>35-Minute</i></p>	<p><i>45-Minute</i></p>	<p><i>15-Minute</i></p>	