

# Online STUDIO Weekly Workout Plan

## NOV 24 - DEC 1

### 35-60 Minute LIVE Classes

Log into Your Account, Click on the class and iGnite!

NOV 25	NOV 26	NOV 27	NOV 28	NOV 29	NOV 30	DEC 1
<p><b><u>Toned &amp; Sculpted</u></b> <b><u>Legs, Arms &amp; Abs</u></b></p>	<p><b><u>Cardio Kickboxing</u></b> <b><u>+ STRONG Pecs</u></b></p>	<p><b><u>SIT (Sprint Interval Training)</u></b> <b><u>+ Strength Circuits</u></b></p>	<p><b><u>Low Impact HIIT</u></b></p>	<p><b><u>Dynamic &amp; Isometric Strength Tabata + Flow</u></b></p>	<p>Enjoy a 30-minute power walk, jog, bike ride or outside fun</p>	<p>Rest, Stretch &amp; Enjoy Your Day</p>
<p>Lt Dumbbells Pilates Ball</p>	<p>Dumbbells</p>	<p>Dumbbells</p>	<p>Dumbbells</p>	<p>Dumbbells Yoga Block</p>	<p>Have fun doing what you love with the ones you love</p>	
<p><i>40-Minute</i></p>	<p><i>35-Minute</i></p>	<p><i>45-Minute</i></p>	<p><i>35-Minute</i></p>	<p><i>60 Minute</i></p>		