

Online STUDIO Weekly Workout Plan

FEB 12 - FEB 18

15-45 Minute Classes

Click on the class, log into our Online STUDIO and iGnite!

FEB 12	FEB 13	FEB 14	FEB 15	FEB 16	FEB 17	FEB 18
<u>Strength,</u> <u>Cardio</u> <u>Pyramid</u>	<u>Lower Body</u> <u>HIIT</u>	<u>No Impact</u> <u>No Repeats</u> <u>Sculpt +</u> <u>ALL OUT</u> <u>Woman-</u> <u>Makers</u>	<u>Upper Body</u> <u>HIIT</u>	<u>Muscular</u> <u>Max Out</u>	Have fun doing what you love with the ones you ♥ love ♥ + <u>Full</u> <u>Body Stretch</u>	Happy Sunday! Rest & enjoy your day.
Dumbbells Bench/Step	Dumbbells Booty Band	Ankle & Wrist Weights	Dumbbells Lt. Resistance Band	Dumbbells Chair		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>15-Minute</i>	