

# iGnite STUDIO!

## Weekly Workout Plan

# JAN 20 - JAN 26

## 35-45 Minute Class Schedule

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

JAN 20	JAN 21	JAN 22	JAN 23	JAN 24	JAN 25	JAN 26
<u>Strength,</u> <u>Cardio</u> <u>Tabata</u>	<u>No Impact</u> <u>Outer</u> <u>Thighs &amp;</u> <u>Aba</u>	<u>Strong</u> <u>Butt &amp;</u> <u>Thighs +</u> <u>10 Minute</u> <u>Abs</u>	<u>Sweaty</u> <u>Cardio Core</u>	<u>Muscular</u> <u>Max Out</u>	Have fun doing what you love with the ones you love	Happy Sunday!  Rest & enjoy your day
Dumbbells	Dumbbells Booty Band	Dumbbell Sliders	Towel	Dumbbells Chair Yoga Block		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>		