

Online STUDIO Weekly Workout Plan

DEC 16 - DEC 22

35-45 Minute LIVE Classes

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

DEC 16	DEC 17	DEC 18	DEC 19	DEC 20	DEC 21	DEC 22
<p><u>Full Body. HIIT w/Lower Body Focus</u></p>	<p><u>STRONG Chest and Triceps + ALL OUT Burpees</u></p>	<p><u>Sweaty Cardio Core (with Cardio Kickboxing)</u></p>	<p><u>STRONG Quads, Hamstrings & Sculpted Shoulders + ALL OUT Jabs</u></p>	<p><u>Body Weight Conditioning + Back, Butt and Bicep Strength</u></p>	<p>Enjoy a 30-minute power walk, jog, bike ride or outside fun</p>	<p>Rest, Stretch & Enjoy Your Day</p>
<p>Low Bench /Step & Dumbbells</p>	<p>Dumbbells Chair</p>	<p>Dumbbells Sliders/ Paper Plate Sweat Towel</p>	<p>Dumbbells Chair Yoga Block</p>	<p>Dumbbells Booty Band</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>45 Minute</i></p>		