

# Online STUDIO Weekly Workout Plan

MAR 24 - MAR 30  
35-45 Minute Classes

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

MAR 24	MAR 25	MAR 26	MAR 27	MAR 28	MAR 29	MAR 30
<u>Strength &amp; Cardio</u> <u>POWER</u>	<u>Cardio Kickboxing &amp; Strength</u> <u>Tabata</u>	<u>Sweaty Cardio</u> <u>Sculpt</u>	<u>Upper Body &amp; Core</u> <u>Tabata + ALL OUT</u> <u>Legs</u>	<u>Isometric Muscular</u> <u>Max Out</u>	Enjoy a 30-minute power walk, jog, bike ride and stretch  +  Have fun doing what you love with the ones you love	Happy Sunday!  Rest & enjoy your day.
Dumbbells	Dumbbells Booty Band	Lt. Dumbbells Ankle Weights	Dumbbells Kettlebells	Dumbbells Step/Bench		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>		