

LIVE Class Schedule

MARCH 24 - MARCH 30
45 Minute Classes

Log Into Your Account, Book Your Classes and Let's iGnite!
Once class is led LIVE, you can view in STUDIO by 12:00 pm CST

MAR 24	MAR 25	MAR 26	MAR 27	MAR 28	MAR 29	MAR 30
8:30 am CST	6:00 am CST	6:00 am CST	6:00 am CST	8:30 am CST	Power walk, light jog, bike ride, or swim, and stretch	Happy Sunday!
<u>Full Body Strength & Core</u>	<u>Glutes & Legs (Booty Burn)</u>	Cardio Kickboxing + Plank Party	Upper Body Strength & Sculpt (Arms, Back & Shoulders)	Low Impact Cardio & Abdominal HIIT		Rest & enjoy your day doing what you love with the ones you love!
Dumbbells	Booty Band Ankle Wts Low Step/ Bench	Bodyweight	Dumbbells & Wrist Weights	Pilates Ball Sweat Towel		
<i>45-Minute</i>	<i>45-Minute</i>	<i>45-Minute</i>	<i>45-Minute</i>	<i>45-Minute</i>		