

LIVE Class Schedule

NOV 18 - NOV 24

35-60 Minute Classes

Log Into Your Account, Book Your Classes and Let's iGnite!

Once class is led LIVE, you can view in STUDIO on MWF by 11:00 a.m. & T/T by 8:30 a.m

NOV 18	NOV 19	NOV 20	NOV 21	NOV 22	NOV 23	NOV 24
8:30 am CST	6:15 am CST	8:30 am CST	6:15 am CST	8:30 am CST	Power walk, light jog, bike ride, or swim, and stretch	Happy Sunday!
<u>Toned & Sculpted</u> <u>Legs, Arms & Abs</u>	<u>Cardio Kickboxing</u> <u>+ STRONG Pecs</u>	<u>SIT (Sprint Interval Training)</u> <u>+ Strength Circuits</u>	<u>Low Impact HIIT</u>	<u>Dynamic & Isometric Strength Tabata + Flow</u>		Rest & enjoy your day doing what you love with the ones you love!
Lt Dumbbells Pilates Ball	Dumbbells	Dumbbells	Dumbbells Booty Band Low Step or Bench	Dumbbells Yoga Block		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>60-Minute</i>		