

LIVE Class Schedule

DEC 16 - DEC 22
35-45 Minute Classes

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

DEC 16	DEC 17	DEC 18	DEC 19	DEC 20	DEC 21	DEC 22
8:30 am CST	No LIVE Class Today	No LIVE Class Today	6:15 am CST	8:30 am CST	Power walk, light jog, bike ride, or swim, and stretch	Happy Sunday!
<u>We Got the Beat: Strength & Cardio w/ Christmas Tunes</u>	<u>Low Impact HIIT</u>	<u>Toned & Sculpted Legs, Arms & Abs</u>	<u>We Got the Beat: Strength & Cardio with Christmas Tunes</u>	<u>Full Body Strength & Stretch</u>		Rest & enjoy your day doing what you love with the ones you love!
Dumbbells			Dumbbells Booty Band	Dumbbells Small Towel Bolster or Large Blanket		
45-Minute	35-Minute	45-Minute	35-Minute	60-Minute		