

Online STUDIO Weekly Workout Plan

NOV 18 - NOV 24

35-60 Minute LIVE Classes

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

NOV 18	NOV 19	NOV 20	NOV 21	NOV 22	NOV 23	NOV 24
<p><u>Cardio</u> Kickboxing & STRONG Shoulders</p>	<p><u>No Impact</u> Strong & Toned Butt & Thighs</p>	<p><u>Cardio</u> Push & Pull Pyramid</p>	<p><u>Quick</u> Cardio + Biceps, Triceps & Strong Abs</p>	<p><u>Body</u> Weight Band Burn + 15 Minute Stretch</p>	<p>Enjoy a 30-minute power walk, jog, bike ride or outside fun</p>	<p>Rest, Stretch & Enjoy Your Day</p>
Dumbbells	Dumbbell Chair Yoga Block Small Towel	Dumbbells	Dumbbells Pilates Ball	Light & Heavy Booty Band	Have fun doing what you love with the ones you love	
<i>40-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>45--Minute</i>		