

LIVE Class Schedule

OCT 28 - NOV 3

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

OCT 28	OCT 29	OCT 30	OCT 31	NOV 1	NOV 2	NOV 3
8:30 am CST	6:15 am CST	8:30 am CST	6:15 am CST	8:30 am CST		Happy Sunday!
<u>Sweaty</u> <u>Total</u> <u>Body</u> <u>Circuits</u>	<u>ONE</u> <u>Dumbbell</u> <u>Full Body</u> <u>Strength</u> <u>Pyramid</u>	<u>Full Body</u> <u>Sculpt</u> <u>Fire</u>	Body Weight Cardio & Core Ladder	All Out Squats & Strong Abs + 15 Minute Mobility		Rest & enjoy your day doing what you love with the ones you love!
Dumbbells Yoga Block	1 Moderate to Heavy Dumbbell	Ankle Wts Lt. Weights	Sweat Towel	Dumbbells Chair Booty Band		
<i>45-Minute</i>	<i>35-Minute</i>	<i>45-Minute</i>	<i>35-Minute</i>	<i>60-Minute</i>		