

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:30am		<b>TABATA</b> Instagram Live		<b>Rock Bottom</b> Instagram Live	<b>ABS EXPRESS</b> Facebook Live
9:30am	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram
11:30 - 11:45am	<b>STRETCH BREAK</b> Zoom ID: 443 973 3096	<b>STRETCH BREAK</b> Zoom ID: 443 973 3096	<b>STRETCH BREAK</b> Zoom ID: 443 973 3096	<b>STRETCH BREAK</b> Zoom ID: 443 973 3096	<b>STRETCH BREAK</b> Zoom ID: 443 973 3096
12:15—12:45pm	<b>HIIT</b> Facebook Live	<b>BOOTCAMP</b> Zoom <a href="https://sunlife.zoom.us/my/drewjolly">https://sunlife.zoom.us/my/drewjolly</a>	<b>CARDIO BOXING</b> Facebook Live	<b>HARD CORE</b> Zoom <a href="https://sunlife.zoom.us/my/drewjolly">https://sunlife.zoom.us/my/drewjolly</a>	<b>TABATA</b> Facebook Live
4:30—5:15pm			<b>YOGA</b> Zoom (email to register and get Zoom information)		
5:00—5:30pm		<b>ABS EXPRESS</b> Facebook Live		<b>Zumba</b> Zoom ID: 158 546 089 Password: 625245	

