

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am	LOWER BODY BURN (with dumbbells) Zoom Access HERE	TABATA (30 minutes) Zoom Access HERE	UPPER BODY BURN (with dumbbells) Zoom Access HERE	HIIT the WEIGHTS (30 minutes) Zoom Access HERE	RESTORE (20 minutes) Zoom Access HERE
11:30 - 11:45am	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE
12:15— 12:45pm	HIIT Zoom Access HERE	BODY SCULPT Zoom Access HERE	CARDIO BOXING Zoom Access HERE	BOOTCAMP (30-45 minutes) Zoom Access HERE	FULL BODY 45 (45 minutes) Zoom Access HERE
4:30—5:15pm			YOGA FUSION Zoom Access HERE		
4:45—5:30pm	PEACEFUL YOGA Zoom Access HERE **BEGINS OCTOBER 18**				
5:00—5:30pm		ABS EXPRESS Zoom Access HERE		ZUMBA Zoom Access HERE	

