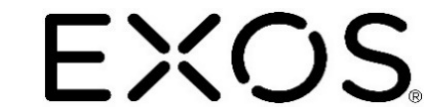


INSTAGRAM LIVE SCHEDULE

Sept 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.31 - 9.5	<p>8:00 - 8:30 AM Tabata IG LIVE Kelli Pierce</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>12:00-12:30 PM Barre IG LIVE Tracie</p> <p>4:00-4:45 PM Tabata IG LIVE Sarah</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p> <p>5:15-6:00 PM Zumba IG LIVE Heather</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Todd Mayfield</p> <p>11:00-11:45 AM Bootcamp IG LIVE Sarah</p> <p>12:00-12:30 PM Mat Pilates IG LIVE Michelle Mardis</p> <p>4:00-4:45 PM Tabata IG LIVE Dana Price</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>12:00-12:45 PM Pound IG LIVE Melanie</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Sarah</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>12:00-12:30 PM Barre IG LIVE Tracie</p> <p>4:00-4:45 PM Tabata IG LIVE Todd Mayfield</p>	<p>8:15 - 9:00 AM Bootcamp IG LIVE Kelli Pierce</p>
9.7 - 9.12	<p>No Classes</p> <p>Labor Day</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p> <p>5:15-6:00 PM Zumba IG LIVE Heather</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Todd Mayfield</p> <p>11:00-11:45 AM Bootcamp IG LIVE Sarah</p> <p>12:00-12:30 PM Mat Pilates IG LIVE Michelle Mardis</p> <p>4:00-4:45 PM Tabata IG LIVE Dana Price</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>12:00-12:45 PM Pound IG LIVE Melanie</p> <p>4:00-4:45 PM Sports Performance IG LIVE Randi Norris</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Sarah</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Todd Mayfield</p>	<p>8:15 - 9:00 AM Bootcamp IG LIVE Kelli Pierce</p>
9.14 - 9.19	<p>8:00 - 8:30 AM Tabata IG LIVE Kelli Pierce</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Sarah</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p> <p>5:15-6:00 PM Zumba IG LIVE Heather</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Todd Mayfield</p> <p>11:00-11:45 AM Bootcamp IG LIVE Sarah</p> <p>12:00-12:30 PM Mat Pilates IG LIVE Michelle Mardis</p> <p>4:00-4:45 PM Tabata IG LIVE Dana Price</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>12:00-12:45 PM Pound IG LIVE Melanie</p> <p>4:00-4:45 PM Sports Performance IG LIVE Randi Norris</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Sarah</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Todd Mayfield</p>	<p>8:15 - 9:00 AM Bootcamp IG LIVE Kelli Pierce</p>
9.21 - 9.26	<p>8:00 - 8:30 AM Tabata IG LIVE Kelli Pierce</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Sarah</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p> <p>5:15-6:00 PM Zumba IG LIVE Heather</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Todd Mayfield</p> <p>11:00-11:45 AM Bootcamp IG LIVE Sarah</p> <p>12:00-12:30 PM Mat Pilates IG LIVE Michelle Mardis</p> <p>4:00-4:45 PM Tabata IG LIVE Dana Price</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>12:00-12:45 PM Pound IG LIVE Melanie</p> <p>4:00-4:45 PM Sports Performance IG LIVE Randi Norris</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Sarah</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Todd Mayfield</p>	<p>8:15 - 9:00 AM Bootcamp IG LIVE Kelli Pierce</p>
9.28 - 10.3	<p>8:00 - 8:30 AM Tabata IG LIVE Kelli Pierce</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Sarah</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>4:00-4:45 PM Sports Performance IG LIVE Todd Mayfield</p> <p>5:15-6:00 PM Zumba IG LIVE Heather</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Todd Mayfield</p> <p>11:00-11:45 AM Bootcamp IG LIVE Sarah</p> <p>12:00-12:30 PM Mat Pilates IG LIVE Michelle Mardis</p> <p>4:00-4:45 PM Tabata IG LIVE Dana Price</p>	<p>7:45-8:30 AM Yoga IG LIVE Angie Pita</p> <p>11:00-11:45 AM Bootcamp IG LIVE Dana Price</p> <p>12:00-12:45 PM Pound IG LIVE Melanie</p> <p>4:00-4:45 PM Sports Performance IG LIVE Randi Norris</p>	<p>8:00 - 8:45 AM Tabata IG LIVE Sarah</p> <p>11:00-11:45 AM Bootcamp IG LIVE Michael Roman</p> <p>4:00-4:45 PM Tabata IG LIVE Todd Mayfield</p>	<p>8:15 - 9:00 AM Bootcamp IG LIVE Kelli Pierce</p>

* All class times are in EST