

# INSTAGRAM LIVE SCHEDULE

Oct 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.5 - 10.10	<p><b>8:00 - 8:30 AM</b> <b>Tabata</b> IG LIVE Kelli Pierce</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Sarah</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Todd Mayfield</p> <p><b>5:15-6:00 PM</b> <b>Zumba</b> IG LIVE Heather</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Mat Pilates</b> IG LIVE Michelle Mardis</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Dana Price</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>12:00-12:45 PM</b> <b>Pound</b> IG LIVE Melanie</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Randi Norris</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Sarah</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Sarah</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p>	<p><b>8:15 - 9:00 AM</b> <b>Bootcamp</b> IG LIVE Kelli Pierce</p>
10.12 - 10.17	<p><b>8:00 - 8:30 AM</b> <b>Tabata</b> IG LIVE Kelli Pierce</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Sarah</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Todd Mayfield</p> <p><b>5:15-6:00 PM</b> <b>Zumba</b> IG LIVE Heather</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Mat Pilates</b> IG LIVE Michelle Mardis</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Dana Price</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>12:00-12:45 PM</b> <b>Pound</b> IG LIVE Melanie</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Randi Norris</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Sarah</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Sarah</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p>	<p><b>8:15 - 9:00 AM</b> <b>Bootcamp</b> IG LIVE Kelli Pierce</p>
10.19 - 10.24	<p><b>8:00 - 8:30 AM</b> <b>Tabata</b> IG LIVE Kelli Pierce</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Sarah</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Todd Mayfield</p> <p><b>5:15-6:00 PM</b> <b>Zumba</b> IG LIVE Heather</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Mat Pilates</b> IG LIVE Michelle Mardis</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Dana Price</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>12:00-12:45 PM</b> <b>Pound</b> IG LIVE Melanie</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Randi Norris</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Sarah</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Sarah</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p>	<p><b>8:15 - 9:00 AM</b> <b>Bootcamp</b> IG LIVE Kelli Pierce</p>
10.26 - 10.31	<p><b>8:00 - 8:30 AM</b> <b>Tabata</b> IG LIVE Kelli Pierce</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Sarah</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Todd Mayfield</p> <p><b>5:15-6:00 PM</b> <b>Zumba</b> IG LIVE Heather</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Michael Roman</p> <p><b>12:00-12:30 PM</b> <b>Mat Pilates</b> IG LIVE Michelle Mardis</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Dana Price</p>	<p><b>7:45-8:30 AM</b> <b>Yoga</b> IG LIVE Angie Pita</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Dana Price</p> <p><b>12:00-12:45 PM</b> <b>Pound</b> IG LIVE Melanie</p> <p><b>4:00-4:45 PM</b> <b>Sports Performance</b> IG LIVE Randi Norris</p>	<p><b>8:00 - 8:45 AM</b> <b>Tabata</b> IG LIVE Sarah</p> <p><b>11:00-11:45 AM</b> <b>Bootcamp</b> IG LIVE Sarah</p> <p><b>12:00-12:30 PM</b> <b>Barre</b> IG LIVE Tracie</p> <p><b>4:00-4:45 PM</b> <b>Tabata</b> IG LIVE Todd Mayfield</p>	<p><b>8:15 - 9:00 AM</b> <b>Bootcamp</b> IG LIVE Kelli Pierce</p>

\* All class times are in EST