

# INSTAGRAM LIVE SCHEDULE

Dec 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11.30 - 12.5	<b>8:00 - 8:30 AM</b> IG LIVE <b>9:00 - 9:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Kelli Pierce <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Barre</b> Tracie Boddy	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Zumba</b> Heather Krauser	<b>7:00 - 7:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Total Body HIIT</b> Catherine Romero <b>Tabata</b> Randi Norris	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:45 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Pound</b> Melanie Dittz	<b>8:00 - 8:45 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Randi Norris <b>Bootcamp</b> Sarah Schutt <b>Barre</b> Tracie Boddy	<b>8:15 - 9:00 AM</b> IG LIVE <b>Bootcamp</b> Kelli Pierce
12.7 - 12.12	<b>8:00 - 8:30 AM</b> IG LIVE <b>9:00 - 9:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Kelli Pierce <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Barre</b> Tracie Boddy	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Zumba</b> Heather Krauser	<b>7:00 - 7:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Total Body HIIT</b> Catherine Romero <b>Tabata</b> Randi Norris	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:45 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Pound</b> Melanie Dittz	<b>8:00 - 8:45 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Randi Norris <b>Bootcamp</b> Sarah Schutt <b>Barre</b> Tracie Boddy	<b>8:15 - 9:00 AM</b> IG LIVE <b>Bootcamp</b> Kelli Pierce
12.14 - 12.19	<b>8:00 - 8:30 AM</b> IG LIVE <b>9:00 - 9:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Kelli Pierce <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Barre</b> Tracie Boddy	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Zumba</b> Heather Krauser	<b>7:00 - 7:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Total Body HIIT</b> Catherine Romero <b>Tabata</b> Randi Norris	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:45 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Pound</b> Melanie Dittz	<b>8:00 - 8:45 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Randi Norris <b>Bootcamp</b> Sarah Schutt <b>Barre</b> Tracie Boddy	<b>8:15 - 9:00 AM</b> IG LIVE <b>Bootcamp</b> Kelli Pierce
12.21 - 12.26	<b>8:00 - 8:30 AM</b> IG LIVE <b>9:00 - 9:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>Tabata</b> Kelli Pierce <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Barre</b> Tracie Boddy	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Zumba</b> Heather Krauser	<b>7:00 - 7:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:30 PM</b> IG LIVE <b>5:15-6:00 PM</b> IG LIVE <b>Yoga</b> Stephanie Bellissimo <b>Bootcamp</b> Michael Roman <b>Total Body HIIT</b> Catherine Romero <b>Tabata</b> Randi Norris	<b>7:45-8:30 AM</b> IG LIVE <b>11:00-11:45 AM</b> IG LIVE <b>12:00-12:45 PM</b> IG LIVE <b>Yoga</b> Angie Pita <b>Bootcamp</b> Dana Price <b>Pound</b> Melanie Dittz	<b>Christmas Holiday</b> No Live Classes	<b>Christmas Holiday</b> No Live Classes

\* All class times are in EST