

INSTAGRAM LIVE SCHEDULE

Nov 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11.2 - 11.7	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Sarah</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>4:00-4:45 PM IG LIVE Sports Performance Todd Mayfield</p> <p>5:15-6:00 PM IG LIVE Zumba Heather</p>	<p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Yoga Angie</p> <p>4:00-4:45 PM IG LIVE Tabata Dana Price</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>12:00-12:45 PM IG LIVE Pound Melanie</p> <p>4:00-4:45 PM IG LIVE Sports Performance Randi Norris</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Sarah</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Todd Mayfield</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
11.9 - 11.14	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Sarah</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>4:00-4:45 PM IG LIVE Sports Performance Todd Mayfield</p> <p>5:15-6:00 PM IG LIVE Zumba Heather</p>	<p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Yoga Angie</p> <p>4:00-4:45 PM IG LIVE Tabata Dana Price</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>12:00-12:45 PM IG LIVE Pound Melanie</p> <p>4:00-4:45 PM IG LIVE Sports Performance Randi Norris</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Sarah</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Todd Mayfield</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
11.16 - 11.21	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Sarah</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>4:00-4:45 PM IG LIVE Sports Performance Todd Mayfield</p> <p>5:15-6:00 PM IG LIVE Zumba Heather</p>	<p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Yoga Angie</p> <p>4:00-4:45 PM IG LIVE Tabata Dana Price</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>12:00-12:45 PM IG LIVE Pound Melanie</p> <p>4:00-4:45 PM IG LIVE Sports Performance Randi Norris</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Sarah</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Todd Mayfield</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
11.23 - 11.28	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie</p> <p>4:00-4:45 PM IG LIVE Tabata Sarah</p>	<p>7:45-8:30 AM IG LIVE Yoga Angie Pita</p> <p>11:00-11:45 AM IG LIVE Bootcamp Dana Price</p> <p>4:00-4:45 PM IG LIVE Sports Performance Todd Mayfield</p> <p>5:15-6:00 PM IG LIVE Zumba Heather</p>	<p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Yoga Angie</p> <p>4:00-4:45 PM IG LIVE Tabata Dana Price</p>	<p>Thanksgiving Holiday No Live Classes</p>	<p>Thanksgiving Holiday No Live Classes</p>	<p>Thanksgiving Holiday No Live Classes</p>

* All class times are in EST