

INSTAGRAM LIVE SCHEDULE

Jan 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.4 - 1.9	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>9:00 - 9:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Total Body HIIT Catherine Romero</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>4:30-5:00 PM IG LIVE Total Body HIIT Mark Walker</p>	<p>7:00 - 7:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Total Body HIIT Catherine Romero</p> <p>5:15-6:00 PM IG LIVE Tabata Randi Norris</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 Dittz</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Randi Norris</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah Schutt</p> <p>12:00-12:30 PM IG LIVE Yoga Michelle Mardis</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
1.11 - 1.16	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>9:00 - 9:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00 - 11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</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>4:30-5:00 PM IG LIVE Total Body HIIT Mark Walker</p>	<p>7:00 - 7:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00 - 11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Total Body HIIT Catherine Romero</p> <p>5:15-6:00 PM IG LIVE Tabata Randi Norris</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 Dittz</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Randi Norris</p> <p>11:00 - 11:45 AM IG LIVE Bootcamp Sarah Schutt</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
1.18 - 1.23	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>9:00 - 9:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</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>4:30-5:00 PM IG LIVE Total Body HIIT Mark Walker</p>	<p>7:00 - 7:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Total Body HIIT Catherine Romero</p> <p>5:15-6:00 PM IG LIVE Tabata Randi Norris</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 Dittz</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Randi Norris</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah Schutt</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>
1.25 - 1.30	<p>8:00 - 8:30 AM IG LIVE Tabata Kelli Pierce</p> <p>9:00 - 9:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</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>4:30-5:00 PM IG LIVE Total Body HIIT Mark Walker</p>	<p>7:00 - 7:30 AM IG LIVE Yoga Stephanie Bellissimo</p> <p>11:00-11:45 AM IG LIVE Bootcamp Michael Roman</p> <p>12:00-12:30 PM IG LIVE Total Body HIIT Catherine Romero</p> <p>5:15-6:00 PM IG LIVE Tabata Randi Norris</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 Dittz</p>	<p>8:00 - 8:45 AM IG LIVE Tabata Randi Norris</p> <p>11:00-11:45 AM IG LIVE Bootcamp Sarah Schutt</p> <p>12:00-12:30 PM IG LIVE Barre Tracie Boddy</p>	<p>8:15 - 9:00 AM IG LIVE Bootcamp Kelli Pierce</p>

* All class times are in EST