

INSTAGRAM LIVE SCHEDULE

Feb 2021



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--|--|---|--|---|--|
| 2.8 - 2.12 | <p>8:00 - 8:30 AM IG LIVE 9:00 - 9:30 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Tabata Kelli Pierce Yoga Stephanie Bellissimo Bootcamp Michael Roman Beginner Strength Bethany Westbrook</p> | <p>7:45-8:30 AM IG LIVE 11:00-11:45 AM IG LIVE 4:30-5:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker</p> | <p>7:30 - 8:00 AM IG LIVE 11:00 - 11:45 AM IG LIVE 12:00-12:30 PM IG LIVE 5:15-6:00 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Bootcamp Michael Roman Total Body HIIT Catherine Romero Tabata Randi Norris</p> | <p>7:45-8:30 AM IG LIVE 11:00 - 11:45 AM IG LIVE 12:00-12:45 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Pound Melanie Dittz</p> | <p>7:30 - 8:00 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Tabata Randi Norris Barre Tracie Boddy</p> | <p>8:15 - 9:00 AM IG LIVE</p> <p>Bootcamp Kelli Pierce</p> |
| 2.15 - 2.19 | <p>8:00 - 8:30 AM IG LIVE 9:00 - 9:30 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Tabata Kelli Pierce Yoga Stephanie Bellissimo Bootcamp Michael Roman Beginner Strength Bethany Westbrook</p> | <p>7:45-8:30 AM IG LIVE 11:00-11:45 AM IG LIVE 4:30-5:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker</p> | <p>7:30 - 8:00 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE 5:15-6:00 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Bootcamp Michael Roman Total Body HIIT Catherine Romero Tabata Randi Norris</p> | <p>7:45-8:30 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:45 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Pound Melanie Dittz</p> | <p>7:30 - 8:00 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Tabata Randi Norris Barre Tracie Boddy</p> | <p>8:15 - 9:00 AM IG LIVE</p> <p>Bootcamp Kelli Pierce</p> |
| 2.22 - 2.26 | <p>8:00 - 8:30 AM IG LIVE 9:00 - 9:30 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Tabata Kelli Pierce Yoga Stephanie Bellissimo Bootcamp Michael Roman Beginner Strength Bethany Westbrook</p> | <p>7:45-8:30 AM IG LIVE 11:00-11:45 AM IG LIVE 4:30-5:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker</p> | <p>7:30 - 8:00 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE 5:15-6:00 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Bootcamp Michael Roman Total Body HIIT Catherine Romero Tabata Randi Norris</p> | <p>7:45-8:30 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:45 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Pound Melanie Dittz</p> | <p>7:30 - 8:00 AM IG LIVE 11:00-11:45 AM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Tabata Randi Norris Barre Tracie Boddy</p> | <p>8:15 - 9:00 AM IG LIVE</p> <p>Bootcamp Kelli Pierce</p> |

* All class times are in EST