

INSTAGRAM LIVE SCHEDULE

Mar 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3.1 - 3.5	<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 5:15-6:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker Zumba Heather Krauser</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>
3.8 - 3.12	<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 5:15-6:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker Zumba Heather Krauser</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>
Peak Week! Click here for more details!						
3.15 - 3.19	<p>8:00 - 8:30 AM IG LIVE 9:00 - 9:30 AM IG LIVE 11:00 AM-12:00 PM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Tabata Kelli Pierce Yoga Stephanie Bellissimo Bootcamp Amy Llewellyn Beginner Strength Bethany Westbrook</p>	<p>7:45-8:30 AM IG LIVE 11:00 AM-12:00 PM IG LIVE 4:30-5:00 PM IG LIVE 5:15-6:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker Zumba Heather Krauser</p>	<p>7:30 - 8:00 AM IG LIVE 11:00 AM-12:00 PM 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 AM-12:00 PM IG LIVE 12:00-12:45 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Randi Norris Pound Melanie Dittz</p>	<p>7:30 - 8:00 AM IG LIVE 11:00 AM-12:00 PM IG LIVE 12:00-12:30 PM IG LIVE</p> <p>Yoga Stephanie Bellissimo Bootcamp Amy Llewellyn Barre Tracie Boddy</p>	<p>8:15 - 9:00 AM IG LIVE</p> <p>Bootcamp Kelli Pierce</p>
3.22 - 3.26	<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 5:15-6:00 PM IG LIVE</p> <p>Yoga Angie Pita Bootcamp Dana Price Total Body HIIT Mark Walker Zumba Heather Krauser</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