



## Live Stream Class Schedule

Class Times	Monday Nov 23	Tuesday Nov 24	Wednesday Nov 25	Thursday Nov 26	Friday Nov 27
10:30 am to 10:45 am	<b>Stretch Break</b>	<b>Yoga Break</b> 	<b>Stretch Break</b>	<b>Yoga Break</b> 	<b>Stretch Break</b>
12:00 noon To 12:30 pm	<b>Power Muscle / Cardio Intervals</b> (Light to medium loads)	<b>Cardio Intervals &amp; Interval Weights</b> (Alternating between cardio intervals and heavy loaded weights (strength) & lighter loads (endurance).)	<b>SLL Strong/Long/Lean</b> 	<b>Lower &amp; Upper Body Muscle Training &amp; Abdominals</b> (Heavy loads, large detergent jugs, etc., mat)	<b>Cardio Spurts</b> (Intervals / HIIT) 
			<b>POP UP SURPRISE!</b> 15 mins 3:10 pm to 3:25 pm	 or 	
3:30 pm To 3:45 pm	<b>Yoga Break</b>  	<b>Stretch Break</b> 	<b>Yoga Break</b>  Enjoy! 😊	<b>Stretch Break</b> 	<b>Week of Nov 23<sup>rd</sup> to Nov 27<sup>th</sup>, 2020</b> 