





















JANUARY 2022

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.	 BUILD	 BURN	 BREATHE		 BUILD	
8:00 a.m.						
9:30 a.m.						 BUILD
NOON	 BUILD	 BURN	 BREATHE		 BUILD	
4:00 p.m.						
5:30 p.m.	 BUILD	 BURN	 BUILD	 BURN	 BREATHE	
7:00 p.m.	 BURN	 BUILD	 BREATHE	 BUILD		

Enrollment closes one hour prior to class time.

ISLANDHEALTHANDFITNESS.COM/IGNITE