

















November 2022

# CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.						 <b>BUILD</b>	
NOON	 <b>BUILD</b>	 <b>BURN</b>	 <b>BREATHE</b>		 <b>BUILD</b>		
5:30 p.m.	 <b>BUILD</b>	 <b>BURN</b>	 <b>BUILD</b>	 <b>BURN</b>	 <b>BREATHE</b>		
7:00 p.m.	 <b>BURN</b>	 <b>BUILD</b>	 <b>BREATHE</b>	 <b>BUILD</b>			



Exclusively at Community Corners (903 Hanshaw Rd.)  
***Build, Burn, and Breathe at IGNITE!***



**BUILD**

Designed and taught by our highly educated personal trainers, strengthen and sculpt through functional High Intensity Interval Training (HIIT)



**BURN**

Not your average cycling classes! Get a full body workout that burns calories and boost endorphins in a pumped-up, dance club style environment



**BREATHE**

Designed by physical therapists and expert yoga instructors, improve mobility, strengthen your core, and offer ultimate relaxation for body and mind