

# PERFORM ignite



**December 2021**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:35 am</b>		<b>McKenna</b> Upper Body	<b>5:15 - Ayram</b> Endurance	<b>McKenna</b> Lower Body	<b>5:15 - Ayram</b> TURF	<b>McKenna</b> IGNITED	
<b>7:35 am</b>		<b>McKenna</b> Upper Body	<b>Macy</b> Endurance	<b>McKenna</b> Lower Body	<b>Macy</b> TURF	<b>McKenna</b> IGNITED	
<b>9:05 am</b>							<b>Taylor</b> TURF
<b>10:05 am</b>	<b>Joann</b> Foundations		<b>11:35 - Kim</b> Endurance		<b>11:35 - Kim</b> TURF		<b>Taylor</b> TURF
<b>11:05 am / 11:30 am</b>			<b>Kim</b> BARBELL		<b>Kim</b> BARBELL		<b>Terry</b> RECOVERY
<b>12:05 pm</b>		<b>Terry</b> TRX		<b>Terry</b> Kettle Bell		<b>Terry</b> Kettle Bell	
<b>6:05 pm</b>		<b>Macy</b> Upper Body	<b>Taylor</b> Endurance	<b>Macy</b> Lower Body	<b>Taylor</b> POWER		
<b>7:05 pm</b>		<b>Taylor</b> Upper Body		<b>Taylor</b> Lower Body			