

Date: Saturday, March 28th

(EST)	INSTRUCTOR/CLASS												
8:30am	@studiohousepilates - Cardio												
9:00am	@keonihudoba - COREntine				@sjadenyc (via <a href="http://sjadenyc.com">sjadenyc.com</a> )- Body								
9:30am	@emilyhopeturner - EmBody (bodyweight strength + tone class)				@jabsbygina - (Zoom) JABS Choreo			@theannakaiser - MIXER					
10:00a	@livunltd - Barre	@aarmy - EMOM	@Indigofitnessla - Full Body	@meghanmcferran - Full Body	@sarahpielattes (zoom) - STB Pilates	@barreworksto - modified barre class		@gabriellemuzzarelli (Zoom) - Barre(less)		@doyourumble - with Kyle			
10:30a	@creativecorenyc -Mat Pilates Full Body Hottie		@jabsbygina - (Zoom) jabs ABS		@sydmiller (zoom) HOUSEWORK		@calliegullickson (zoom) - Boxing inspired		@dancecardioplus - Dance Cardio + Sculpt!		@aarmy (10:20am) - Ab Challenge		
11:00a	@energylife_ - special guest workout		@aarmy - Bootcamp		@theaktnomad SWEAT			@magostrowska - Pilates Burn		@malia.makaila (zoom) - FULL BODY SWEAT			
11:30a	@creativecorenyc -Mat Pilates Full Body Hottie		@jabsbygina - (Zoom) BEGINNER JABS/ JABS 101		@sbx_boxing (11:45) FREE IG LIVE BOXING + HIIT with @radloz			@jordyn__hamilton via Zoom ( <a href="http://www.jbody.live">www.jbody.live</a> ) - JBODY					
12pm	305 Fitness Live on Youtube	@aarmy - Cycle	@dana_levit via zoom - Mat Pilates	@studiohousepilates - Foundation	@sjadenyc (via <a href="http://sjadenyc.com">sjadenyc.com</a> ) - ABS	@skytying - Yoga	@addisonbay - Dance and Sculpt	@shopninaleigh - Cardio Dance Party!		@fleurdelifitness (Zoom) - Full Body Strength		@boxunionstudio - Signature Burn	
12:30p	@emilyhopeturner - EmBody (bodyweight strength + tone class)		@aarmy (12:45 p) - CYCLE			@jabsbygina - BEGINNER JABS							
1:00p	@PilatesQueenNYC (zoom meeting ID: 909 622 0768) -Mat Pilates				@superpowerstudios (Zoom) FREE Q+A w/ Personal Trainer + Nutrition Coach and BYOB (Bring Your Own Brunch)								
1:30p	@boxunionstudio - HIIT		@jordyn__hamilton (Zoom <a href="http://www.jbody.live">www.jbody.live</a> ) - JBOOTY										
2:00p	@aarmy - INSPO												
4:00p	@bouncesociety - HIIT with bae		@thankfulwarrior - 15 min moving Meditations				@bandier - Toning with Cambrie						
6:00pm	305 Fitness Live on Youtube		@skytying - Yoga			@alignmentessentials (via Ebook Live "AE HQ")- Warrior Workout							

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6:30p	@studiohousepilates - Restore (Sarah)													
8:00p	@fleurdelisfitness - 60s dance party! 30min via IG Live + ZOOM													