

Date: Sunday, March 29th

(EST)	INSTRUCTOR/CLASS												
8:30am	@shirafeinkraft - Battlegrounds (HIIT)												
9:00am	@keonihudoba - COREntine			@sjadenyc (via sjadenyc.com)- Body									
9:30am	@theaktnomad SWEAT						@shirafeinkraft - Mat pilates (zoom too)						
10:00a	@livunltd - Yoga Pilates Fusion	@indigofitnessla - Full Body	@thedashbody - Pilates Based	@doyourumble - with Kory	@meghanmcferran - Sculpt	@barreworksto - modified barre class	@liabartha - B The Method	@gabriellemuzzarelli (Zoom) - Body Lab					
10:30a	@jabsbygina (Zoom) JABS		@sbx_boxing - FREE IG LIVE (45min) with @sarahdigi			@doyourumble - with Kory	@sydmiller (zoom) HOUSEWORK						
11:00a	@energylife_ - Dance with the Rickey Sisters		@malia.makaila FULL BODY SWEAT via zoom			@sammy-tuchman (via zoom) - Sculpt	@untitledmovement - Live on Zoom						
11:30a	@creativecorenyc -Mat Pilates Sunday BUNday				@jabsbygina (Zoom) abs								
12pm	@bandier with Aubre Winters	@y7studio - Yoga: HipHopSundays	@sjadenyc (via sjadenyc.com)- ABS (no equip sculpting)			@skyting - Yoga	305 Fitness Live on Youtube						
12:30p	@theaktnomad DANCE & TONE	@boxunionstudio - Signature Burn											
1:00p	@playlistyoga - breathwork + vinyasa w/ @megan.claire												
1:30p	@boxunionstudio - ABS, CORE + BUTT												
2:00p													
2:30p	@jabsbygina - JABS (with Shay)												
3:00p	@jordyn__hamilton via Zoom (www.jbody.live) - JBODY X ABS + BOOTY												
4:00pm	@thankfulwarrior - 15 min Moving Meditations												
5:30p	@creativecorenyc -Mat Pilates Sunday BUNday												
6:00p	305 Fitness Live on Youtube			@skyting - Yoga			@alignmentessentials - Warrior Workout on Facebook livestream "AE HQ"						
7:00pm	@thealexjoyp - Self Care Sunday Movement and Meditation via ZOOM												

