

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM		Bootcamp with David (paid members) On-demand		Bootcamp with David (paid members) On-demand		Bootcamp with David (paid members) On-demand	
11:00 AM							
12:00 PM	Brain &Body Live Class	Easy Movin'It Live Class	Brain &Body Live Class	Easy Movin'It Live Class		Easy Movin'It On-demand	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							

Daily Live Class Schedule (All times Eastern Standard Time)