

ClubWorx Virtual Schedule

Monday

5:30am:	Virtual BodyFlow	1 hour
5:30am:	Virtual Sprint	30 min.
7:00am:	Virtual The Trip	45 min.
7:00am:	Virtual Barre	30 min.
12:00pm	Virtual BodyFlow	45 min.
12:00pm	Virtual RPM	30 min.
3:00pm	Virtual BodyFlow	45 min.
4:30pm	Virtual BodyFlow	1 hour
4:30pm	Virtual Sprint	30 min.
6:00pm	Virtual Bodyflow	30 min.
7:30pm	Virtual Sprint	30 min.

Tuesday

5:30am	Virtual RPM	50 min.
5:30am	Virtual Barre	30 min.
7:00am	Virtual Bodyflow	1 hour
7:00am	Virtual Sprint	30 min.
9:30am	Virtual The Trip	45 min.
12:00pm	Virtual Barre	30 min.
12:15pm	Virtual Sprint	30 min.
3:00pm	Virtual BodyFlow	45 min.
4:30pm	Virtual RPM	50 min.
4:30pm	Virtual Barre	30 min.
5:30pm	Virtual BodyFlow	45 min.
6:00pm	Virtual THE TRIP	45 min.
7:30pm	Virtual RPM	50 min.

Wednesday

5:30am	Virtual BodyFlow	1 hour
5:30am	Virtual Sprint	30 min.
7:00am	Virtual RPM	50 min.
7:00am	Virtual Barre	30 min.
9:30am	Virtual RPM	50 min.
12:00pm	Virtual BodyFlow	45 min.
12:00pm	Virtual The Trip	45 min.
3:00pm	Virtual BodyFlow	45 min.
4:30pm	Virtual Bodyflow	30 min.
4:30pm	Virtual Sprint	30 min.
5:30pm	Virtual BodyFlow	45 min.
8:00pm	Virtual Sprint	30 min.

Thursday

5:30am	Virtual RPM	50 min.
5:30am	Virtual Barre	30 min.
7:00am	Virtual BodyFlow	1 hour
7:00am	Virtual Sprint	30 min.
12:00pm	Virtual RPM	30 min.
12:15pm	Virtual Barre	30 min.
3:00pm	Virtual BodyFlow	45 min.
4:30pm	Virtual Barre	30 min.
4:30pm	Virtual Sprint	30 min.
7:30pm	Virtual RPM	50 min.

Friday

5:30am	Virtual BodyFlow	1 hour
5:30am	Virtual Sprint	30 min.
7:00am	Virtual RPM	50 min.
7:00am	Virtual Barre	30 min.
9:30am	Virtual RPM	50 min.
10:30am	Virtual RPM	50 min.
12:00pm	Virtual BodyFlow	1 hour
12:00pm	Virtual Sprint	30 min.
1:15pm	Virtual Barre	30 min.
3:00pm	Virtual BodyFlow	45 min.
4:30pm	Virtual The Trip	45 min.
4:30pm	Virtual BodyFlow	30 min.
5:30pm	Virtual Barre	30 min.
6:00pm	Virtual Sprint	30 min.
6:30pm	Virtual BodyFlow	45 min.
7:00pm	Virtual Sprint	30 min.

Saturday

7:30am	Virtual Sprint	30 min.
8:00am	Virtual BodyFlow	1 hour
11:15am	Virtual Sprint	30 min.
1:00pm	Virtual RPM	50 min.
2:00pm	Virtual BodyFlow	1 hour
2:30pm	Virtual Sprint	30 min.
5:00pm	Virtual The Trip	45 min.
5:30pm	Virtual Barre	30 min.

Sunday

10:15am	Virtual Barre	30 min.
10:30am	Virtual The Trip	45 min.
11:00am	Virtual Bodyflow	1 hour
12:30pm	Virtual RPM	50 min.
2:30pm	Virtual Sprint	30 min.
3:30pm	Virtual Bodyflow	1 hour
5:00pm	Virtual Barre	30 min.
5:00pm	Virtual Sprint	30 min.