

## **ClubWorx Virtual Schedule**

### **Monday**

5:30am:	<b>Virtual BodyFlow</b>	1 hour
5:30am:	<b>Virtual Sprint</b>	30 min.
7:00am:	<b>Virtual TheTrip</b>	45 min.
7:00am:	<b>Virtual Barre</b>	30 min.
12:00pm	<b>Virtual BodyFlow</b>	45 min.
12:00pm	<b>Virtual RPM</b>	30 min.
3:00pm	<b>Virtual BodyFlow</b>	45 min.
4:30pm	<b>Virtual BodyFlow</b>	1 hour
4:30pm	<b>Virtual Sprint</b>	30 min.
5:45pm	<b>Virtual Barre</b>	30 min.
7:30pm	<b>Virtual Sprint</b>	30 min.

### **Tuesday**

5:30am	<b>Virtual RPM</b>	50 min.
5:30am	<b>Virtual Core</b>	30 min.
7:00am	<b>Virtual BodyFlow</b>	1 hour
7:00am	<b>Virtual Sprint</b>	30 min.
9:30am	<b>Virtual TheTrip</b>	45 min.
12:00pm	<b>Virtual Barre</b>	30 min.
12:15pm	<b>Virtual Sprint</b>	30 min.
3:00pm	<b>Virtual BodyFlow</b>	45 min.
4:30pm	<b>Virtual RPM</b>	50 min.
4:30pm	<b>Virtual Barre</b>	30 min.
6:00pm	<b>Virtual THE TRIP</b>	45 min.
7:30pm	<b>Virtual RPM</b>	50 min.
8:00pm	<b>Virtual Core</b>	30 min.

### **Wednesday**

5:30am	<b>Virtual BodyFlow</b>	1 hour
5:30am	<b>Virtual Sprint</b>	30 min.
7:00am	<b>Virtual RPM</b>	50 min.
7:00am	<b>Virtual Barre</b>	30 min.
9:30am	<b>Virtual RPM</b>	50 min.
12:15pm	<b>Virtual BodyFlow</b>	45 min.
12:00pm	<b>Virtual TheTrip</b>	45 min.
3:00pm	<b>Virtual BodyFlow</b>	45 min.
4:30pm	<b>Virtual BodyFlow</b>	30 min.
4:30pm	<b>Virtual Sprint</b>	30 min.
7:00pm	<b>Virtual TheTrip</b>	45 min.
8:00pm	<b>Virtual Sprint</b>	30 min.
8:00pm	<b>Virtual Core</b>	45 min.

### **Please note:**

**No Virtual Classes in the Haven during Yoga Teacher Training Weekends.**

### **Thursday**

5:30am	<b>Virtual RPM</b>	50 min.
5:30am	<b>Virtual Barre</b>	30 min.
7:00am	<b>Virtual BodyFlow</b>	1 hour
7:00am	<b>Virtual Sprint</b>	30 min.
12:00pm	<b>Virtual RPM</b>	30 min.
12:00pm	<b>Virtual Core</b>	30 min.
3:00pm	<b>Virtual BodyFlow</b>	45 min.
4:30pm	<b>Virtual Core</b>	45 min.
4:30pm	<b>Virtual Sprint</b>	45 min.
7:30pm	<b>Virtual RPM</b>	50 min.
8:00pm	<b>Virtual Core</b>	30 min.

### **Friday**

5:30am	<b>Virtual BodyFlow</b>	1 hour
5:30am	<b>Virtual Sprint</b>	30 min.
7:00am	<b>Virtual RPM</b>	50 min.
7:00am	<b>Virtual Core</b>	30 min.
12:00pm	<b>Virtual Sprint</b>	30 min.
1:15pm	<b>Virtual Barre</b>	30 min.
3:00pm	<b>Virtual BodyFlow</b>	45 min.
4:30pm	<b>Virtual TheTrip</b>	45 min.
4:30pm	<b>Virtual BodyFlow</b>	30 min.
5:30pm	<b>Virtual Barre</b>	30 min.
6:00pm	<b>Virtual Sprint</b>	30 min.
6:30pm	<b>Virtual BodyFlow</b>	45 min.
7:00pm	<b>Virtual Sprint</b>	30 min.

### **Saturday**

7:30am	<b>Virtual Sprint</b>	30 min.
7:30am	<b>Virtual Core</b>	45 min.
11:15am	<b>Virtual Sprint</b>	30 min.
12:00pm	<b>Virtual Core</b>	45 min.
1:00pm	<b>Virtual RPM</b>	50 min.
2:00pm	<b>Virtual BodyFlow</b>	1 hour
2:30pm	<b>Virtual Sprint</b>	30 min.
4:30pm	<b>Virtual Core</b>	45 min.
5:00pm	<b>Virtual TheTrip</b>	45 min.
5:30pm	<b>Virtual Barre</b>	30 min.

### **Sunday**

10:15am	<b>Virtual Barre</b>	30 min.
10:30am	<b>Virtual TheTrip</b>	45 min.
11:00am	<b>Virtual BodyFlow</b>	1 hour
12:30pm	<b>Virtual RPM</b>	50 min.
2:30pm	<b>Virtual Sprint</b>	30 min.
3:30pm	<b>Virtual BodyFlow</b>	1 hour
5:00pm	<b>Virtual Core</b>	45 min.
5:00pm	<b>Virtual Sprint</b>	30 min.