

ClubWorx In-Studio On Demand Schedule

Monday

5:30am	Virtual Sprint	30 min
7:00am	Virtual RPM	45 min
7:00am	Virtual Barre	30 min
8:15am	Virtual Sprint	30 min
12:00pm	Virtual RPM	30 min
3:00pm	Virtual BodyBalance	45 min
4:30pm	Virtual BodyBalance	45 min
4:30pm	Virtual Sprint	30 min
8:00pm	Virtual Sprint	30 min

Tuesday

5:30am	Virtual Core	30 min.
6:00am	Virtual Sprint	30 min.
7:00am	Virtual BodyBalance	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 BodyBalance	45 min.
4:30pm	Virtual RPM	50 min.
4:30pm	Virtual Barre	30 min.
5:45pm	Virtual RPM	50 min.
7:30pm	Virtual RPM	50 min.
8:00pm	Virtual Core	30 min.

Wednesday

5:30am	Virtual BodyBalance	1 hour
5:30am	Virtual RPM	50 min.
7:00am	Virtual The Trip	45 min.
7:00am	Virtual Barre	30 min.
8:15am	Virtual Sprint	30 min.
12:00pm	Virtual The Trip	45 min.
12:15pm	Virtual BodyBalance	45 min.
3:00pm	Virtual BodyBalance	45 min.
4:30pm	Virtual BodyBalance	45 min.
4:30pm	Virtual Sprint	30 min.
6:00pm	Virtual The Trip	45 min.
7:00pm	Virtual RPM	50 min.
8:00pm	Virtual Sprint	30 min.

Please note:

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

*Barre, Core and BodyBalance are in the Haven (Yoga) Studio.

*Sprint, RPM and The Trip are in the Loft (Cycling) Studio.

Thursday

6:00am	Virtual Sprint	30 min.
5:30am	Virtual Barre	30 min.
7:00am	Virtual BodyBalance	1 hour
7:00am	Virtual RPM	50 min.
12:00pm	Virtual RPM	30 min.
3:00pm	Virtual BodyBalance	45 min.
4:30pm	Virtual Core	45 min.
4:30pm	Virtual Sprint	30 min.
7:30pm	Virtual The Trip	45 min.

Friday

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

Saturday

7:30am	Virtual Sprint	30 min.
7:30am	Virtual Core	45 min.
11:15am	Virtual Sprint	30 min.
12:00pm	Virtual Core	45 min.
1:00pm	Virtual RPM	50 min.
2:00pm	Virtual BodyBalance	1 hour
2:30pm	Virtual Sprint	30 min.
4:30pm	Virtual Core	45 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 BodyBalance	1 hour
12:30pm	Virtual RPM	50 min.
2:30pm	Virtual Sprint	30 min.
3:30pm	Virtual BodyBalance	1 hour
5:00pm	Virtual Sprint	30 min.