

## ClubWorx In-Studio On Demand Schedule

### Monday

5:30am	<b>Virtual</b> BodyBalance	1 hour
5:30am	<b>Virtual</b> Sprint	30 min
7:00am	<b>Virtual</b> RPM	45 min
7:00am	<b>Virtual</b> Barre	30 min
8:15am	<b>Virtual</b> Sprint	30 min
12:00pm	<b>Virtual</b> RPM	30 min
3:00pm	<b>Virtual</b> BodyBalance	45 min
4:30pm	<b>Virtual</b> BodyBalance	45 min
4:30pm	<b>Virtual</b> Sprint	30 min
8:00pm	<b>Virtual</b> Sprint	30 min

### Tuesday

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

### Wednesday

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

### Friday

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

### Saturday

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

### Sunday

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