

ClubWorx In-Studio On Demand

Monday

5:30am	Virtual	BodyBalance	1 hour
7:00am	Virtual	Barre/Yoga	30 min
7:30am	Virtual	Meditation	10-30 min
2:00pm	Virtual	Stretch	10-30 min
3:00pm	Virtual	BodyBalance	45 min
4:30pm	Virtual	Core	30 min
8:00pm	Virtual	Yoga	30-35 min
8:45pm	Virtual	Meditation	10-30 min

Tuesday

5:30am	Virtual	Core	30 min
7:00am	Virtual	BodyBalance	1 hour
12:00pm	Virtual	Barre/Yoga	30 min
1:30pm	Virtual	Stretching	10-30 min
3:00pm	Virtual	BodyBalance	45 min
4:00pm	Virtual	Meditation	10-30 min
8:00pm	Virtual	Core	30 min
9:00pm	Virtual	Meditation	10-30 min

Wednesday

5:30am	Virtual	BodyBalance	1 hour
7:00am	Virtual	Barre/Yoga	30 min
7:45am	Virtual	Meditation	10-30 min
12:15pm	Virtual	BodyBalance	45 min
1:30pm	Virtual	Stretching	10-30 min
2:30pm	Virtual	BodyBalance	45 min
4:00pm	Virtual	Barre/Yoga	30 min
8:00pm	Virtual	Yoga	30-60 min
9:00pm	Virtual	Stretching	10-30 min

Thursday

5:30am	Virtual	Barre/Yoga	30 min
6:30pm	Virtual	Meditation	10-30 min

The Haven

7:15am	Virtual	BodyBalance	1 hour
1:30pm	Virtual	Meditation	10-30 min
2:00pm	Virtual	Stretching	10-30 min
3:00pm	Virtual	BodyBalance	45 min
4:30pm	Virtual	Core	45 min
8:00pm	Virtual	Yoga	30-60 min
9:00pm	Virtual	Meditation	10-30 min

Friday

5:30am	Virtual	BodyBalance	1 hour
6:30pm	Virtual	Meditation	10-30 min
7:00am	Virtual	Core	45 min
12:00pm	Virtual	BodyBalance	1 hour
1:15pm	Virtual	Barre/Yoga	30 min
3:00pm	Virtual	BodyBalance	45 min
4:30pm	Virtual	BodyBalance	45 min
5:30pm	Virtual	Barre/Yoga	30 min
6:30pm	Virtual	BodyBalance	45 min
8:00pm	Virtual	Meditation	10-30 min

Saturday

7:15am	Virtual	Core	45 min
12:00pm	Virtual	Core	45 min
1:00pm	Virtual	Yoga	30-45 min
2:00pm	Virtual	BodyBalance	1 hour
3:30pm	Virtual	Stretching	10-30 min
4:30pm	Virtual	Core	45 min
5:30pm	Virtual	Barre/Yoga	30 min

Sunday

12:00pm	Virtual	Meditation	10-30 min
1:00pm	Virtual	Yoga	30 min
3:00pm	Virtual	BodyBalance	1 hour

Please note:

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

*Please note these schedules are subject to change if there is a conflict. If you have comments or suggestions, please email mkime@clubworx.net with your schedule inquiries.