ClubWorx In-Studio On Demand

The Haven

3:00pm Virtual BodyBalance 1 hour

Monday 5:30am Virtual BodyBalance 7:00am Virtual Barre/Yoga 7:30am Virtual Meditation 2:00pm Virtual Stretch 3:00pm Virtual BodyBalance 4:30pm Virtual Core	1 hour 30 min 10-30 min 10-30 min 45 min 30 min	7:15am Virtual 1:30pm Virtual 2:00pm Virtual 3:00pm Virtual 4:30pm Virtual 8:00pm Virtual 9:00pm Virtual	Meditation Stretching BodyBalance Core Yoga	1 hour 10-30 min 10-30 min 45 min 45 min 30-60 min 10-30 min
8:00pm Virtual Yoga	30-35 min	Fallen		
8:45pm Virtual Meditation	10-30 min	<u>Friday</u> 5:30am Virtual	BodyBalance	1 hour
<u>Tuesday</u>		6:30pm Virtual		10-30 min
5:30am Virtual Core	30 min	7:00am Virtual		45 min
7:00am Virtual BodyBalance	1 hour	12:00pm Virtua	_	1 hour
12:00pm Virtual Barre/Yoga 1:30pm Virtual Stretching	30 min 10-30 min	1:15pm Virtual 3:00pm Virtual	•	30 min 45 min
3:00pm Virtual BodyBalance	45 min	4:30pm Virtual	•	45 min
4:00pm Virtual Meditation	10-30 min	5:30pm Virtual	•	30 min
8:00pm Virtual Core	30 min	6:30pm Virtual	U	45 min
9:00pm Virtual Meditation	10-30 min	8:00pm Virtual	•	10-30 min
<u>Wednesday</u>				
5:30am Virtual BodyBalance	1 hour	<u>Saturday</u>		
7:00am Virtual Barre/Yoga	30 min	7:15am Virtua		45 min
7:45am Virtual Meditation	10-30 min	12:00pm Virtua		45 min
12:15pm Virtual BodyBalance	45 min	1:00pm Virtual	•	30-45 min
1:30pm Virtual Stretching	10-30 min 45 min	2:00pm Virtual	-	1 hour 10-30 min
2:30pm Virtual BodyBalance 4:00pm Virtual Barre/Yoga	30 min	3:30pm Virtual 4:30pm Virtua	-	45 min
8:00pm Virtual Yoga	30-60 min	5:30pm Virtua		30 min
9:00pm Virtual Stretching	10-30 min	o.oopiii viitua	· Dano, roga	00 111111
orospin tintum onoroning		Sunday		
<u>Thursday</u>		12:00pm Virtua	I Meditation	10-30 min
5:30am Virtual Barre/Yoga	30 min	1:00pm Virtual	l Yoga	30 min

Please note:

6:30pm **Virtual** Meditation 10-30 min

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.