

## ClubWorx In-Studio On Demand

### Monday

7:00am	<b>Virtual</b>	Strength	50-60 min
12:15pm	<b>Virtual</b>	Kickboxing	50-60 min
1:30pm	<b>Virtual</b>	Strength	50-60 min
3:00pm	<b>Virtual</b>	Cardio	50-60 min
4:15pm	<b>Virtual</b>	Core	30-45 min
8:30pm	<b>Virtual</b>	Strength	30-35 min
9:15pm	<b>Virtual</b>	Core	25-30 min

### Tuesday

5:15am	<b>Virtual</b>	Strength	50-60 min
6:20am	<b>Virtual</b>	Core	25-30 min
7:00am	<b>Virtual</b>	Cardio/HIIT	50-60 min
1:30pm	<b>Virtual</b>	Cardio/HIIT	50-60 min
3:00pm	<b>Virtual</b>	Strength	50-60 min
4:15pm	<b>Virtual</b>	Dance	30-45 min
8:00pm	<b>Virtual</b>	Strength	50-60 min
9:15pm	<b>Virtual</b>	Core	25-30 min

### Wednesday

5:15am	<b>Virtual</b>	Cardio/HIIT	50-60 min
6:20am	<b>Virtual</b>	Core	25-30 min
7:00am	<b>Virtual</b>	Strength	50-60 min
1:30pm	<b>Virtual</b>	Kickboxing	50-60 min
3:00pm	<b>Virtual</b>	Cardio	50-60 min
4:15pm	<b>Virtual</b>	Core	30-45 min
8:00pm	<b>Virtual</b>	Cardio	50-60 min
9:15pm	<b>Virtual</b>	Core	25-30 min

### Thursday

5:15am	<b>Virtual</b>	Strength	50-60 min
6:20am	<b>Virtual</b>	Core	25-30 min

### Please note:

During Yoga Teacher Training weekends some Virtual may be affected.

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

## Studio One

7:00am	<b>Virtual</b>	Cardio/HIIT	50-60 min
1:30pm	<b>Virtual</b>	Cardio/HIIT	50-60 min
3:00pm	<b>Virtual</b>	Strength	50-60 min
4:15pm	<b>Virtual</b>	Dance	30-45 min
8:00pm	<b>Virtual</b>	Strength	50-60 min
9:15pm	<b>Virtual</b>	Core	25-30 min

### Friday

5:15am	<b>Virtual</b>	Kickboxing	50-60 min
6:20am	<b>Virtual</b>	Core	25-30 min
1:30pm	<b>Virtual</b>	Strength	50-60 min
3:00pm	<b>Virtual</b>	Cardio/HIIT	50-60 min
4:15pm	<b>Virtual</b>	Core	30-45 min
5:30pm	<b>Virtual</b>	Cardio/HIIT	50-60 min
7:00pm	<b>Virtual</b>	Kickboxing	50-60 min
8:15pm	<b>Virtual</b>	Dance	40-45 min

### Saturday

7:15am	<b>Virtual</b>	Cardio/HIIT	25-30 min
12:15pm	<b>Virtual</b>	Strength	50-60 min
1:30pm	<b>Virtual</b>	Kickboxing	50-60 min
3:00pm	<b>Virtual</b>	Strength	50-60 min
4:15pm	<b>Virtual</b>	Dance	40-45 min
5:15pm	<b>Virtual</b>	Core	25-30 min
6:00pm	<b>Virtual</b>	Cardio	40-45 min

### Sunday

10:30am	<b>Virtual</b>	Cardio/HIIT	50-60 min
12:00pm	<b>Virtual</b>	Strength	30-35 min
1:30pm	<b>Virtual</b>	Kickboxing	50-60 min
2:45pm	<b>Virtual</b>	Core	25-30 min
5:00pm	<b>Virtual</b>	Cardio	40-45 min