## **ClubWorx In-Studio On Demand**

## **The Haven**

Manda		Thomaday
Monday	1 hour	Thursday 5:30am Virtual Barre/Yoga 30 min
5:30am <b>Virtual</b> BodyBalance 7:00am <b>Virtual</b> Barre/Yoga	30 min	5:30am <b>Virtual</b> Barre/Yoga 30 min 6:30am <b>Virtual</b> Meditation 10-30 min
7:30am <b>Virtual</b> Barre/10ga 7:30am <b>Virtual</b> Meditation	10-30 min	
2:00pm <b>Virtual</b> Stretch	10-30 min	7:15am <b>Virtual</b> BodyBalance 1 hour 1:30pm <b>Virtual</b> Meditation 10-30 min
•	45 min	•
3:00pm Virtual BodyBalance 4:30pm Virtual Core	30 min	2:00pm <b>Virtual</b> Stretching 10-30 min 3:00pm <b>Virtual</b> BodyBalance 45 min
•	30-35 min	4:30pm <b>Virtual</b> Core 45 min
8:00pm <b>Virtual</b> Yoga 8:45pm <b>Virtual</b> Meditation	10-30 min	8:00pm <b>Virtual</b> Yoga 30-60 min
6.45pm <b>virtual</b> Meditation	10-30 11111	9:00pm <b>Virtual</b> Meditation 10-30 min
Tuesday		9.00pm <b>virtual</b> ineditation 10-30 mm
5:30am Virtual Core	30 min	Friday
7:00am <b>Virtual</b> BodyBalance	1 hour	5:30am <b>Virtual</b> BodyBalance 1 hour
12:00pm <b>Virtual</b> Barre/Yoga	30 min	6:30am <b>Virtual</b> Meditation 10-30 min
1:30pm <b>Virtual</b> Stretching	10-30 min	7:00am <b>Virtual</b> Medication 76 56 min
3:00pm <b>Virtual</b> BodyBalance	45 min	12:00pm <b>Virtual</b> BodyBalance 1 hour
4:00pm <b>Virtual</b> Meditation	10-30 min	1:15pm <b>Virtual</b> Barre/Yoga 30 min
8:00pm Virtual Core	30 min	3:00pm <b>Virtual</b> BodyBalance 45 min
9:00pm <b>Virtual</b> Meditation	10-30 min	4:30pm <b>Virtual</b> BodyBalance 45 min
o.oopiii viitaai moallalloii	10 00 11	5:30pm <b>Virtual</b> Barre/Yoga 30 min
Wednesday		6:30pm <b>Virtual</b> BodyBalance 45 min
5:30am <b>Virtual</b> BodyBalance	1 hour	oloopiii viitaai BoayBalanee To Illiii
7:00am <b>Virtual</b> Barre/Yoga	30 min	Saturday
7:45am <b>Virtual</b> Meditation	10-30 min	7:15am <b>Virtual</b> Core 45 min
12:15pm Virtual BodyBalance	45 min	12:00pm <b>Virtual</b> Core 45 min
1:30pm Virtual Stretching	10-30 min	1:00pm <b>Virtual</b> Yoga 30-45 min
2:30pm <b>Virtual</b> BodyBalance	45 min	2:00pm <b>Virtual</b> BodyBalance 1 hour
4:00pm <b>Virtual</b> Barre/Yoga	30 min	3:30pm <b>Virtual</b> Stretching 10-30 min
8:00pm <b>Virtual</b> Yoga	30-60 min	4:30pm <b>Virtual</b> Core 45 min
9:00pm Virtual Stretching	10-30 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.

<sup>\*</sup>Please note these schedules are subject to change if there is a conflict. If you have comments or suggestions, please email <a href="mailto:mkime@clubworx.net">mkime@clubworx.net</a> with your schedule inquiries.