

ClubWorx In-Studio On Demand

Monday

6:45am	Virtual	Core	25-30 min
12:15pm	Virtual	Kickboxing	50-60 min
1:30pm	Virtual	Strength	50-60 min
3:00pm	Virtual	Cardio	50-60 min
4:15pm	Virtual	Core	30-45 min
8:30pm	Virtual	Strength	30-35 min
9:15pm	Virtual	Core	25-30 min

Tuesday

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

Wednesday

5:15am	Virtual	Cardio/HIIT	50-60 min
6:20am	Virtual	Core	25-30 min
7:00am	Virtual	Strength	30-35 min
1:30pm	Virtual	Kickboxing	50-60 min
3:00pm	Virtual	Cardio	50-60 min
4:15pm	Virtual	Core	30-45 min
8:00pm	Virtual	Cardio	50-60 min
9:15pm	Virtual	Core	25-30 min

Thursday

5:15am	Virtual	Strength	50-60 min
6:20am	Virtual	Core	25-30 min

Studio One

7:00am	Virtual	Cardio/HIIT	50-60 min
1:30pm	Virtual	Cardio/HIIT	50-60 min
3:00pm	Virtual	Strength	50-60 min
4:15pm	Virtual	Dance	30-45 min
7:15pm	Virtual	Cardio	40-45 min
8:15pm	Virtual	Strength	50-60 min
9:15pm	Virtual	Core	25-30 min

Friday

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

Saturday

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

Sunday

10:30am	Virtual	Cardio/HIIT	50-60 min
12:00pm	Virtual	Strength	30-35 min
1:30pm	Virtual	Kickboxing	50-60 min
2:45pm	Virtual	Core	25-30 min
5:00pm	Virtual	Cardio	40-45 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 with your schedule inquiries.