ClubWorx In-Studio On Demand

Monday
5:30am	**Virtual**	Yoga	45-60 min
7:00am	**Virtual**	Core	30 min
7:35am	**Virtual**	Barre/Yoga	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**	BodyBalance	1 hour
6:30am	**Virtual**	Meditation	10-30 min
7:15am	**Virtual**	Yoga	30 min
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**	Yoga	45-60 min
7:00am	**Virtual**	Core	30 min
7:35am	**Virtual**	Barre/Yoga	30 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

The Haven

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