

## ClubWorx In-Studio On Demand

### Monday

|         |                |                |           |
|---------|----------------|----------------|-----------|
| 6:45am  | <b>Virtual</b> | Les Mills Core | 25-30 min |
| 12:15pm | <b>Virtual</b> | Kickboxing     | 50-60 min |
| 1:30pm  | <b>Virtual</b> | BodyPump       | 50-60 min |
| 3:00pm  | <b>Virtual</b> | Cardio/HIIT    | 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

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

### Wednesday

|        |                |                |           |
|--------|----------------|----------------|-----------|
| 5:30am | <b>Virtual</b> | BodyPump       | 50-60 min |
| 6:30am | <b>Virtual</b> | Core           | 25-30 min |
| 7:00am | <b>Virtual</b> | Cardio/HIIT    | 30-35 min |
| 7:40am | <b>Virtual</b> | Core           | 25-30 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> | Les Mills Core | 25-30 min |

## Studio One

### Thursday

|        |                |                |           |
|--------|----------------|----------------|-----------|
| 5:30am | <b>Virtual</b> | BodyCombat     | 50-60 min |
| 6:30am | <b>Virtual</b> | Les Mills Core | 25-30 min |
| 7:00am | <b>Virtual</b> | Strength       | 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 |
| 8:15pm | <b>Virtual</b> | Strength       | 50-60 min |
| 9:15pm | <b>Virtual</b> | Core           | 25-30 min |

### Friday

|        |                |                |           |
|--------|----------------|----------------|-----------|
| 5:30am | <b>Virtual</b> | BodyPump       | 50-60 min |
| 6:30am | <b>Virtual</b> | Les Mills Core | 25-30 min |
| 1:30pm | <b>Virtual</b> | BodyPump       | 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 |

### 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> | BodyPump       | 50-60 min |
| 4:15pm  | <b>Virtual</b> | Dance          | 30-45 min |
| 5:15pm  | <b>Virtual</b> | Les Mills Core | 25-30 min |
| 6:00pm  | <b>Virtual</b> | Cardio/HIIT    | 40-45 min |

### Sunday

|         |                |             |           |
|---------|----------------|-------------|-----------|
| 10:30am | <b>Virtual</b> | Cardio/HIIT | 50-60 min |
| 12:00pm | <b>Virtual</b> | BodyPump    | 50-60 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/HIIT | 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](mailto:mkime@clubworx.net) with your schedule inquiries.