


When's your next class?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am	40 Minute Virtual Cycling	30 Minute How- To Workout	40 Minute Virtual Cycling	30 Minute How- To Workout	30 Minute Newbody		
9:15am	30 Minute Muscle Class	30 Minute Newbody	30 Minute Express Circuit	30 Minute Yoga Stretch	30 Minute Express Circuit		
11:15am	30 Minute Express Circuit	30 Minute Yoga Stretch	15 Minute Awesome Abs	30 Minute Express Circuit	30 Minute Muscle Class	40 Minute Virtual Cycling	30 Minute Muscle Class
12:15pm	30 Minute Newbody	30 Minute Express Circuit	30 Minute How- To Workout	30 Minute Newbody	30 Minute Yoga Stretch	30 Minute Muscle Class	40 Minute Virtual Cycling
5:15pm	15 Minute Awesome Abs	30 Minute Muscle Class	30 Minute Yoga Stretch	30 Minute Muscle Class	15 Minute Awesome Abs		
6:15pm	30 Minute How- To Workout	40 Minute Virtual Cycling	30 Minute Muscle Class	40 Minute Virtual Cycling	30 Minute How- To Workout		
7:15pm	30 Minute Yoga Stretch	15 Minute Awesome Abs	30 Minute Newbody	15 Minute Awesome Abs	40 Minute Virtual Cycling		

 Get fit in the Virtual Studio

 Get fit in the Virtual Cycling room

 Get fit with the How-To Workout and 30 Minute Express Circuit

Please meet at the host desk for 30 Minute Express Circuit and 30 Minute How-To Workout.
 Don't want to wait for a scheduled class? On-Demand classes are available in both the Virtual Studio and Virtual Cycling rooms.
 Classes may vary depending on club.