



Monday

8:15-9am Virtual RPM

10:30-11am **New!** Virtual LM Barre

11am-12noon Virtual Body Flow

12-12:30pm Virtual Body Combat

12:30-1pm Virtual CXWORX

7-7:45pm Virtual RPM

Tuesday

5:30-6am Virtual Body Pump

6-6:30am Virtual CXWORX

9:15-10am Virtual RPM

10:30-11am Virtual GRIT

11am-12 noon Virtual Body Combat

12-1pm Virtual Body Pump

1-2pm Virtual Body Flow

5:15-5:45pm Virtual RPM

*** RPM in Spin Studio Zone 1**

*** All other Classes: Studio 3**

Wednesday

5:30-6am Virtual GRIT

6-6:30am Virtual Body Flow

7:30-8:20am Virtual RPM

10:30-11:20am Virtual RPM

10:30-11am Virtual GRIT

12-1pm Virtual Body Flow

2-3pm Virtual Body Pump

7-7:45pm Virtual RPM

Thursday

5:30-6am Virtual Body Pump

6-6:30am Virtual CXWORX

9:15-10am Virtual RPM

11:30am-12 noon Virtual GRIT

12-12:45pm Virtual Body Pump

5:15-5:45pm Virtual RPM

Friday

7:30-8:15am Virtual RPM

10:15-10:45am Virtual RPM

10:20-10:50am Virtual CXWORX

11-11:30am Virtual GRIT

11:30-12 noon **New!** Virtual LM Barre

12-1pm Virtual Body Flow

5:30-6pm Virtual GRIT

6-6:30pm Virtual Body Flow

Saturday

9-9:45am Virtual RPM

10:30-11:30am Virtual Body Pump

Sunday

9:30-10am Virtual Body Combat

10-11am Virtual Body Pump

11-11:30am Virtual GRIT

11:30-12 noon Virtual Body Flow

12-1pm Virtual Body Combat

1-2pm Virtual Body Pump

4-5pm Virtual Body Pump

5-5:30pm Virtual Body Flow