



# 2023 VIRTUAL CLASS SCHEDULE

<b>MONDAY</b>	6:00A-6:45A 8:00A-9:00A 4:00P- 4:45P	Virtual Cycle RPM Virtual Body Flow Virtual BodyCombat
<b>TUESDAY</b>	6:00A-6:45A 8:00A-8:45A 12:00P- 12:30P 12:30P- 1:00P 4:00P-4:45P	Virtual BodyPump Virtual BodyCombat Virtual GRIT Virtual Abs & Core Virtual BodyCombat
<b>WEDNESDAY</b>	6:00A-6:45A 8:00A-8:45A 4:00P- 4:45P	Virtual Cycle RPM Virtual BodyFlow Virtual BodyCombat
<b>THURSDAY</b>	6:00A-6:45A 8:00A-8:45A 12:00P- 12:30P 12:30P- 1:00P 4:00P-4:45P	Virtual BodyPump Virtual BodyCombat Virtual GRIT Virtual Abs & Core Virtual Core Train
<b>FRIDAY</b>	6:00A-6:45A 12:15P-1:00P 4:00P-4:45P 5:15P-5:45P 6:00P-6:45P	Virtual Cycle RPM Virtual Cycle RPM Virtual BodyCombat Virtual RPM 28:00 Virtual BodyPump
<b>SATURDAY</b>	6:00A-6:45A 11:00A-11:30A 12:00P-12:30P 12:30P-1:00P 4:00P-4:30P 5:15P-5:45P	Virtual BodyCombat Virtual BodyPump for Beginners Virtual GRIT Virtual Abs & Core Virtual GRIT Virtual Abs & Core
<b>SUNDAY</b>	9:15A-10:15A 4:00P-4:30P 5:15P-6:00P	Virtual SPIN (In Large Group Ex Room) Virtual GRIT Virtual Core