



Virtual Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00a					Interval Total Body Quick Fix (37)
7:15a	Plyoga Flow (45)	Metabolic Conditioning (45)	Total Body Interval Training (40)	Power Step (30)	
8:30a					Warming Up to Yoga (24)
11:30a	INSANITY Plyo & Agility (26)	Insane Abs (51)	HIIT30 (30)	Plyoga Flow (45)	RIP (30)
2:00p	P90X Lower & Upper (31)	Insanity Agility & Core (27)	Jillian Michaels Yoga Inferno (33)	Jessica Smith Arms Blast (22)	Tae Bo Boot Camp Shred (63)
4:00p	Transform (30)	Afterburn (56)	P90X Cardio & Upper (33)	Jillian Michaels Hardbody (45)	
6:00p					HIIT30 (30)
7:00p					Cardio Followed by Strength (57)

Time	Saturday	Sunday
7:30a	INSANITY Strength & Core (26)	Jillian Michaels Killer Arms & Back (32)
8:30a		WAR (30)
10:00a		One Hour Flow (60)
12:00p	Power Step (60)	Triple Cardio (60)
2:00p	Interval High Intensity Arm Circuit (60)	Jessica Smith Arms Blast (22)
4:00p	Plyoga Flow (45)	Groove (30)
6:00p	Monicas Pilates (42)	