

November 2024

ALL VIRTUAL CLASSES



sun	mon	tue	wed	thu	fri	sat
	5:40 AM French Pyrenees 29 mins - Cycle	5:40am Cycle Cabo San Lucas, Mexico 60 mins - Cycle		5:40 AM 20 Minute BoxxHIIT Low Impact		
9:00 AM ACTIVE YOGA 30 33 mins	9:00 AM Dance Fusion 30 min with Marcus #1	9:00 AM Low Impact Ride 27 mins - Cycle	9:00 AM 30 Minute Pilates Core & Stretch	9:00 AM Beginner Ride 43 mins - Cycle	9:00 AM 30 Minute Ride #5 Cycle	9:00 AM Rhythm Ride 17 mins - Cycle
10:00 AM Dance Fit Fire 16 mins	9:45AM 12 min. Total Core Ab Workout	10:00AM 30-Minute Energizing Yoga	9:45 AM Art of Tai Chi 25 mins	10:00AM 10 Minute Stretch: Shoulders & Hips	10:15 AM 30 Minute CHAIR MOBILITY	9:20 AM 15-MINUTE ABS: Pilates Style
3:30 PM Triple Climb (Heart Rate) 29 mins - Cycle		4:00PM HIIT for Kids 20 mins	1:30 PM Jam Session Cycle 42 mins - Cycle	4:00PM Move It! Kids Dance 26 mins		1:30 PM 25- Minute HIIT for Beginners
	5:30 PM Venice Beach Ocean Ride 27 mins - Cycle		6:30PM Arm & Core Strength Workout	5:45PM Energy Intervals Indoor Cycling 23 mins - Cycle	5:30 PM Groove & Ride 21 mins - Cycle	5:30 PM Cycling Pro 1 - Las Vegas 27 mins - Cycle

FREE for Members!