



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pedal Pose Sartell	4:00AM - 5:00AM <i>On Demand</i> 5:15AM - 6:05AM	4:00AM - 5:00AM <i>On Demand</i> 5:15AM - 6:15AM	4:00AM - 4:50AM <i>On Demand</i> 5:15AM - 6:05AM	4:00AM - 5:00AM <i>On Demand</i> 5:15AM - 6:15AM	4:00AM - 5:00AM <i>On Demand</i> 5:15AM - 5:45AM	4:00AM - 5:00AM <i>On Demand</i> 6:00AM - 6:30AM
4:00AM - 5:00AM <i>On Demand</i>	VIRTUAL RPM 50 Mins	VIRTUAL BODYFLOW 60 Mins	VIRTUAL RPM 50 Mins	VIRTUAL BODYFLOW 60 Mins	VIRTUAL SPRINT 30 Mins	VIRTUAL SPRINT 30 Mins
5:15AM - 6:05AM <i>VIRTUAL RPM 50 Mins</i>	6:15AM - 6:45AM <i>VIRTUAL CORE 30 Mins</i>	6:15AM - 6:45AM <i>VIRTUAL SPRINT 30 Mins</i>	6:15AM - 6:45AM <i>VIRTUAL BODYFLOW Flexibility</i>	9:30AM - 10:00AM <i>VIRTUAL BODYPUMP 30 Mins</i>	5:45AM - 6:15AM <i>VIRTUAL CORE 30 Mins</i>	6:30AM - 7:00AM <i>VIRTUAL SPRINT 30 Mins</i>
6:15AM - 6:45AM <i>VIRTUAL CORE 30 Mins</i>	6:45AM - 7:15AM <i>VIRTUAL BODYFLOW Flexibility</i>	8:00AM - 9:00AM <i>VIRTUAL BODYPUMP 60 Mins</i>	8:30AM - 9:30AM <i>VIRTUAL BODYPUMP 60 Mins</i>	10:30AM - 11:30AM <i>VIRTUAL BODYFLOW 60 Mins</i>	6:15AM - 6:45AM <i>VIRTUAL BODYFLOW Flexibility</i>	7:00AM - 7:30AM <i>VIRTUAL BODYFLOW Flexibility</i>
8:00AM - 9:00AM <i>VIRTUAL BODYPUMP 60 Mins</i>	8:30AM - 9:30AM <i>BODYPUMP™</i>	9:30AM - 9:45AM <i>VIRTUAL CORE Ab Blast</i>	9:30AM - 10:20AM <i>VIRTUAL RPM 50 Mins</i>	12:00PM - 12:15PM <i>VIRTUAL BODYPUMP Arms</i>	8:00AM - 9:00AM <i>VIRTUAL BODYFLOW 60 Mins</i>	8:00AM - 9:00AM <i>VIRTUAL BODYPUMP 60 Mins</i>
9:30AM - 10:00AM <i>VIRTUAL SPRINT 30 Mins</i>	9:30AM - 10:00AM <i>VIRTUAL BODYFLOW Flexibility</i>	10:30AM - 11:30AM <i>VIRTUAL BODYFLOW 60 Mins</i>	12:00PM - 12:30PM <i>VIRTUAL SPRINT 30 Mins</i>	1:00PM - 2:00PM <i>VIRTUAL BODYPUMP 60 Mins</i>	9:30AM - 10:30AM <i>VIRTUAL BODYPUMP 60 Mins</i>	9:00AM - 9:30AM <i>VIRTUAL BODYFLOW Flexibility</i>
10:30AM - 11:30AM <i>VIRTUAL BODYFLOW 60 Mins</i>	12:00PM - 12:30PM <i>VIRTUAL SPRINT 30 Mins</i>	12:00PM - 12:20PM <i>VIRTUAL BODYFLOW Upper Body</i>	1:00PM - 2:00PM <i>VIRTUAL BODYFLOW 60 Mins</i>	2:30PM - 3:20PM <i>VIRTUAL RPM 50 Mins</i>	10:30AM - 11:20AM <i>VIRTUAL RPM 50 Mins</i>	9:30AM - 10:00AM <i>VIRTUAL RPM BEGINNER</i>
12:00PM - 12:15PM <i>VIRTUAL BODYPUMP Lower Body</i>	2:30PM - 3:30PM <i>VIRTUAL BODYPUMP 60 Mins</i>	1:00PM - 2:00PM <i>VIRTUAL BODYPUMP 60 Mins</i>	2:30PM - 3:30PM <i>VIRTUAL BODYPUMP 60 Mins</i>	4:30PM - 5:20PM <i>VIRTUAL RPM 50 Mins</i>	1:00PM - 2:00PM <i>VIRTUAL BODYFLOW 60 Mins</i>	10:30AM - 11:30AM <i>VIRTUAL BODYFLOW 60 Mins</i>
1:00PM - 2:00PM <i>VIRTUAL BODYPUMP 60 Mins</i>	4:30PM - 5:30PM <i>VIRTUAL BODYPUMP 60 Mins</i>	2:30PM - 3:20PM <i>VIRTUAL RPM 50 Mins</i>	4:30PM - 5:20PM <i>VIRTUAL RPM 50 Mins</i>	5:30PM - 6:30PM <i>VIRTUAL BODYPUMP 60 Mins</i>	2:30PM - 3:30PM <i>VIRTUAL BODYPUMP 60 Mins</i>	1:00PM - 2:00PM <i>VIRTUAL BODYPUMP 60 Mins</i>
2:30PM - 3:20PM <i>VIRTUAL RPM 50 Mins</i>	5:30PM - 6:00PM <i>VIRTUAL SPRINT 30 Mins</i>	4:30PM - 5:20PM <i>VIRTUAL RPM 50 Mins</i>	5:30PM - 6:20PM <i>VIRTUAL RPM 50 Mins</i>	6:30PM - 9:45PM <i>On Demand</i>	4:30PM - 5:30PM <i>VIRTUAL BODYFLOW 60 Mins</i>	2:30PM - 3:30PM <i>VIRTUAL BODYFLOW 60 Mins</i>
4:30PM - 5:00PM <i>VIRTUAL SPRINT 30 Mins</i>	6:00PM - 6:15PM <i>VIRTUAL CORE 15 Mins</i>	5:30PM - 6:30PM <i>VIRTUAL BODYFLOW 60 Mins</i>	6:30PM - 9:45PM <i>On Demand</i>		6:00PM - 6:30PM <i>VIRTUAL SPRINT 30 Mins</i>	4:30PM - 5:20PM <i>VIRTUAL RPM 50 Mins</i>
5:30PM - 6:30PM <i>VIRTUAL BODYFLOW 60 Mins</i>	6:30PM - 9:45PM <i>On Demand</i>	6:30PM - 9:45PM <i>On Demand</i>			6:30PM - 7:50PM <i>On Demand</i>	6:30PM - 7:50PM <i>On Demand</i>