

WEXER VIRTUAL FITNESS

2021



DAY	TIME	CLASS	INSTRUCTOR	LENGTH	LOCATION
Monday	06:30 AM	Core Stabilization & Dynamic II	Virtual	28	Aerobic 2
	07:00 AM	22MHC - Cardio 1	Virtual	23	Aerobic 2
	07:25 AM	Core Stabilization & Dynamic II	Virtual	28	Aerobic 2
	12:45 PM	Stretching	Virtual	27	Aerobic 2
	02:30 PM	P90X 3 - Triometrics	Virtual	36	Aerobic 2
	08:15 PM	20 Minute Well Balanced Flow	Virtual	20	Aerobic 2
Tuesday	06:10 AM	P90X 3 - Agility X	Virtual	35	Aerobic 2
	07:00 AM	Extreme Shred I	Virtual	35	Aerobic 2
	12:30 PM	Race Across America	Virtual	46	Aerobic 2
	02:30PM	P90X 3 - X3 Ab Ripper	Virtual	18	Aerobic 2
	07:45 PM	Full Body Strength Flow	Virtual	18	Aerobic 2
Wednesday	06:45 AM	22MHC - Resistance	Virtual	23	Aerobic 2
	07:15 AM	PiYo LIVE - 58 Express	Virtual	37	Aerobic 2
	10:30 AM	PiYo - Define: Upper Body	Virtual	20	Aerobic 2
	11:00 AM	Functional Stretch	Virtual	48	Aerobic 2
	02:30 PM	Insanity Max30 - Ab Attack 10	Virtual	11	aerobic 2
	07:45 PM	Not so Hardcore	Virtual	20	Aerobic 2
Thursday	07:00 AM	Focus T25 - Alpha Cardio	Virtual	28	Aerobic 2
	07:30 AM	Kickbox Fast Fix Tutorial II	Virtual	20	Aerobic 2
	10:30 AM	Turbofire - ABS 10	Virtual	11	Aerobic 2
	11:00 AM	Ground Dynamics, Strength II	Virtual	40	Aerobic 2
	06:00 PM	BoxxHIIT15 - Full Body	Virtual	19	Aerobic 2
	06:30 PM	Power Yoga - Series 2	Virtual	29	Aerobic 2
	08:30 PM	Intensity 30	Virtual	30	Aerobic 2
Friday	07:00 AM	Focus T25 - Beta Core Cardio	Virtual	29	Aerobic 2
	07:45 AM	P90X 3 - X3 AB Ripper	Virtual	18	Aerobic 2
	11:45 AM	Insanity Live - 30	Virtual	27	Aerobic 2
	12:15 PM	Barre Power 1	Virtual	23	Aerobic 2
	12:45 PM	Stretch and Recovery	Virtual	10	Aerobic 2
	05:00 PM	BoxxHIIT15 - Lower Body	Virtual	19	Aerobic 2
	05:30 PM	FLEX - Triceps and Shoulder	Virtual	21	Aerobic 2
Saturday	06:45 AM	P90X 3 - X3 AB Ripper	Virtual	18	Aerobic 2
	07:30 AM	Turbo Kick LIVE - 81	Virtual	28	Aerobic 2
	08:00 AM	Stretching	Virtual	40	Aerobic 2
Sunday	07:00 AM	Core Stabilization & Strength	Virtual	33	Aerobic 2
	07:45 AM	21 Day Fix - 10 min HardCore	Virtual	12	Aerobic 2
	08:30 AM	Insanity Max30 - AB attack 10	Virtual	11	Aerobic 2
	02:30 PM	P90X 3 - CVX	Virtual	35	Aerobic 2