

## **ClubWorx In-Studio On Demand Schedule – The Loft**

### **Monday**

5:30am	<b>Virtual Sprint</b>	Loft	30 min
6:15am	<b>Virtual Cycling</b>	Loft	30-35 min
8:45am	<b>Virtual Sprint</b>	Loft	30 min
10:30am	<b>Virtual Cycling</b>	Loft	45-60 min
12:00pm	<b>Virtual RPM</b>	Loft	30 min
1:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
2:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
4:30pm	<b>Virtual Sprint</b>	Loft	30 min
7:00pm	<b>Virtual Cycling</b>	Loft	40-45 min
8:00pm	<b>Virtual Sprint</b>	Loft	30 min

### **Tuesday**

5:15am	<b>Virtual Cycling</b>	Loft	40-45 min
6:15am	<b>Virtual Sprint</b>	Loft	30 min
7:00am	<b>Virtual RPM</b>	Loft	45 min
9:30am	<b>Virtual The Trip</b>	Loft	45 min
10:30am	<b>Virtual Cycling</b>	Loft	40-45 min
12:15pm	<b>Virtual Sprint</b>	Loft	30 min
1:00pm	<b>Virtual Cycling</b>	Loft	40-45 min
2:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
3:15pm	<b>Virtual Cycling</b>	Loft	40-45 min
4:30pm	<b>Virtual RPM</b>	Loft	50 min
5:45pm	<b>Virtual RPM</b>	Loft	50 min
7:30pm	<b>Virtual RPM</b>	Loft	50 min
9:00pm	<b>Virtual Cycling</b>	Loft	30-35 min

### **Wednesday**

5:30am	<b>Virtual RPM</b>	Loft	50 min
7:00am	<b>Virtual The Trip</b>	Loft	45 min
8:15am	<b>Virtual Sprint</b>	Loft	30 min
10:30am	<b>Virtual Cycling</b>	Loft	45-60 min
12:00pm	<b>Virtual The Trip</b>	Loft	45 min
1:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
2:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
3:00pm	<b>Virtual Cycling</b>	Loft	40-45 min
4:30pm	<b>Virtual Sprint</b>	Loft	30 min
5:15pm	<b>Virtual Cycling</b>	Loft	30-35 min
6:00pm	<b>Virtual The Trip</b>	Loft	45 min
7:00pm	<b>Virtual RPM</b>	Loft	50 min
8:00pm	<b>Virtual Sprint</b>	Loft	30 min

### **Thursday**

5:15am	<b>Virtual Cycling</b>	Loft	40-45 min
6:30am	<b>Virtual Sprint</b>	Loft	30 min
7:15am	<b>Virtual RPM</b>	Loft	50 min
10:45am	<b>Virtual Cycling</b>	Loft	45-60 min
12:00pm	<b>Virtual RPM</b>	Loft	30 min
1:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
2:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
3:00pm	<b>Virtual Cycling</b>	Loft	30-35 min
4:30pm	<b>Virtual Sprint</b>	Loft	30 min
7:30pm	<b>Virtual The Trip</b>	Loft	45 min
8:30am	<b>Virtual Cycling</b>	Loft	30-35 min

### **Friday**

5:30am	<b>Virtual Sprint</b>	Loft	30 min
7:00am	<b>Virtual Sprint</b>	Loft	30 min
9:30am	<b>Virtual RPM</b>	Loft	50 min
11:00am	<b>Virtual Cycling</b>	Loft	40-45 min
12:00pm	<b>Virtual Sprint</b>	Loft	30 min
1:15pm	<b>Virtual Cycling</b>	Loft	40-45 min
3:00pm	<b>Virtual Cycling</b>	Loft	40-45 min
4:30pm	<b>Virtual The Trip</b>	Loft	45 min
6:00pm	<b>Virtual Sprint</b>	Loft	30 min
7:00pm	<b>Virtual Sprint</b>	Loft	30 min
8:00pm	<b>Virtual Cycling</b>	Loft	45-60 min

### **Saturday**

7:15am	<b>Virtual Sprint</b>	Loft	30 min
8:00am	<b>Virtual Cycling</b>	Loft	30 min
10:30am	<b>Virtual Cycling</b>	Loft	40-45 min
11:15am	<b>Virtual Sprint</b>	Loft	30 min
12:00PM	<b>Virtual Cycling</b>	Loft	45-60 min
1:15pm	<b>Virtual RPM</b>	Loft	50 min
2:30pm	<b>Virtual Sprint</b>	Loft	30 min
5:00pm	<b>Virtual The Trip</b>	Loft	45 min

### **Sunday**

10:30am	<b>Virtual The Trip</b>	Loft	45 min
11:30AM	<b>Virtual Cycling</b>	Loft	30-35 min
12:30pm	<b>Virtual RPM</b>	Loft	50 min
2:30pm	<b>Virtual Sprint</b>	Loft	30 min
4:00pm	<b>Virtual Sprint</b>	Loft	30 min
5:00pm	<b>Virtual Sprint</b>	Loft	30 min

### **Please note:**

**\*Cycling can include any formats including Freestyle classes as well as Les Mills formats such as SPRINT, RPM, and THE TRIP.**