

## ClubWorx In-Studio On Demand

## The Loft

### Monday

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

### Tuesday

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

### Wednesday

5:30am	<b>Virtual</b> RPM	50 min
6:25am	<b>Virtual</b> The Trip	45 min
8:15am	<b>Virtual</b> Sprint	30 min
10:30am	<b>Virtual</b> Cycling	45-60 min
12:00pm	<b>Virtual</b> The Trip	45 min
1:00pm	<b>Virtual</b> Cycling	30-35 min
2:00pm	<b>Virtual</b> Cycling	30-35 min
3:00pm	<b>Virtual</b> Cycling	40-45 min
4:30pm	<b>Virtual</b> Sprint	30 min
5:15pm	<b>Virtual</b> Cycling	30-35 min
6:00pm	<b>Virtual</b> The Trip	45 min
7:00pm	<b>Virtual</b> RPM	50 min
8:00pm	<b>Virtual</b> Sprint	30 min

### Thursday

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

### Friday

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

### Saturday

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

### Sunday

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

\*Please note these schedules are subject to change if there is a conflict. If you have comments or suggestions, please email [mkime@clubworx.net](mailto:mkime@clubworx.net) with your schedule inquiries.