ClubWorx In-Studio On Demand

Monday

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

Tuesday

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

Wednesday

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

The Loft

Thursday

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

Friday

7:00am	**Virtual** Sprint	30 min
9:30am	**Virtual** RPM	50 min
11:00am	**Virtual** Cycling	40-45 min
12:00pm	**Virtual** Sprint	30 min
1:15pm	**Virtual** Cycling	40-45 min
3:00pm	**Virtual** Cycling	40-45 min
4:30pm	**Virtual** RPM	50 min
6:00pm	**Virtual** Sprint	30 min
7:00pm	**Virtual** Sprint	30 min

Saturday

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

Sunday

10:30am	**Virtual** The Trip	45 min
11:30am	**Virtual** Cycling	30-35 min
12:30pm	**Virtual** RPM	50 min
2:30pm	**Virtual** Sprint	30 min
4:00pm	**Virtual** Sprint	30 min
5:00pm	**Virtual** 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 with your schedule inquiries.