

Club 4 Fitness - Gulf Port Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:05AM - 5:50AM Studio Fitness</p> <p>LES MILLS SH'BAM 6:00AM - 6:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM Studio Fitness</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio Fitness</p> <p>barre 9:45AM - 10:15AM Studio Fitness</p> <p>LES MILLS GRIT CARDIO 11:15AM - 11:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM Studio Fitness</p> <p>LES MILLS BODYFLOW 2:30PM - 3:30PM Studio Fitness</p> <p>Spin 4:30PM - 5:15PM Studio Fitness</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio Fitness</p> <p>LES MILLS CXWORX 6:35PM - 7:05PM Studio Fitness</p> <p>barre 7:15PM - 7:45PM Studio Fitness</p>	<p>LES MILLS sprint 5:05AM - 5:35AM Studio Fitness</p> <p>Yoga 6:00AM - 7:00AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 7:10AM - 7:40AM Studio Fitness</p> <p>Zumba 8:30AM - 9:30AM Studio Fitness</p> <p>LES MILLS BODYPUMP 9:45AM - 10:45AM Studio Fitness</p> <p>LES MILLS sprint 12:15PM - 12:45PM Studio Fitness</p> <p>LES MILLS SH'BAM 3:15PM - 4:00PM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 4:15PM - 5:00PM Studio Fitness</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio Fitness</p> <p>LES MILLS BODYPUMP 6:10PM - 6:55PM Studio Fitness</p> <p>LES MILLS BODYFLOW 7:00PM - 8:00PM Studio Fitness</p> <p>LES MILLS GRIT STRENGTH 8:10PM - 8:40PM Studio Fitness</p>	<p>LES MILLS BODYPUMP 5:05AM - 6:05AM Studio Fitness</p> <p>LES MILLS RPM 6:30AM - 7:20AM Studio Fitness</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio Fitness</p> <p>LES MILLS BODYFLOW 10:00AM - 11:00AM Studio Fitness</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 1:00PM - 1:45PM Studio Fitness</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio Fitness</p> <p>LES MILLS BODYATTACK 4:15PM - 5:00PM Studio Fitness</p> <p>LES MILLS CXWORX 5:15PM - 5:45PM Studio Fitness</p> <p>LES MILLS BODYPUMP 5:45PM - 6:30PM Studio Fitness</p> <p>Spin 6:35PM - 7:15PM Studio Fitness</p> <p>LES MILLS SH'BAM 7:30PM - 8:00PM Studio Fitness</p>	<p>LES MILLS BODYATTACK 5:05AM - 5:50AM Studio Fitness</p> <p>Yoga 6:00AM - 7:00AM Studio Fitness</p> <p>LES MILLS BODYPUMP 7:15AM - 8:15AM Studio Fitness</p> <p>Zumba 8:30AM - 9:30AM Studio Fitness</p> <p>LES MILLS RPM 12:15PM - 1:05PM Studio Fitness</p> <p>LES MILLS SH'BAM 3:15PM - 4:00PM Studio Fitness</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Studio Fitness</p> <p>LES MILLS sprint 5:45PM - 6:15PM Studio Fitness</p> <p>LES MILLS BODYFLOW 6:30PM - 7:30PM Studio Fitness</p> <p>barre 7:45PM - 8:15PM Studio Fitness</p>	<p>LES MILLS BODYPUMP 5:05AM - 5:50AM Studio Fitness</p> <p>barre 6:30AM - 7:00AM Studio Fitness</p> <p>Spin 7:30AM - 8:10AM Studio Fitness</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM Studio Fitness</p> <p>LES MILLS BODYPUMP 10:00AM - 11:00AM Studio Fitness</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM Studio Fitness</p> <p>LES MILLS GRIT STRENGTH 4:15PM - 4:45PM Studio Fitness</p> <p>Spin 5:30PM - 6:15PM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:15PM Studio Fitness</p>	<p>barre 7:00AM - 7:30AM Studio Fitness</p> <p>LES MILLS sprint 8:00AM - 8:30AM Studio Fitness</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM Studio Fitness</p> <p>Rotation 10:00AM - 11:00AM Studio Fitness</p> <p>LES MILLS BODYPUMP 11:30AM - 12:30PM Studio Fitness</p> <p>LES MILLS CXWORX 1:15PM - 1:45PM Studio Fitness</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio Fitness</p>	<p>LES MILLS sprint 8:15AM - 8:45AM Studio Fitness</p> <p>LES MILLS BODYPUMP 10:15AM - 11:15AM Studio Fitness</p> <p>LES MILLS BODYFLOW 3:15PM - 4:15PM Studio Fitness</p>

LES MILLS
BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

LES MILLS
sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS
barre

Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYPUMP

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
GRIT | CARDIO

Learn the basic moves and format of a LES MILLS GRIT workout in this

quick introduction.

LES MILLS
GRIT | STRENGTH

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
SHBAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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