






































Club 4 Fitness - Kenner Group Exercise Timetable

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











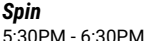
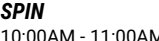








Club 4 Fitness - Kenner Group Exercise Timetable

Studio
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYFLOW 6:30AM - 7:30AM</p> <p> LES MILLS CXWORX 8:00AM - 8:30AM</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM</p> <p> LES MILLS barre 11:00AM - 11:30AM</p> <p>LES MILLS BODYPUMP 4:00PM - 5:00PM</p> <p>LES MILLS BODYCOMBAT 5:15PM - 6:15PM</p> <p> ZUMBA 6:30PM - 7:30PM</p>	<p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM</p> <p>LES MILLS BODYPUMP 6:45AM - 7:45AM</p> <p> LES MILLS BODYCOMBAT 8:15AM - 9:00AM</p> <p> LES MILLS barre 10:00AM - 11:00AM</p> <p> LES MILLS SH'BAM 11:30AM - 12:15PM</p> <p> LES MILLS CXWORX 4:40PM - 5:10PM</p> <p> LES MILLS BODYPUMP EXPRESS 6:00PM - 6:30PM</p> <p> ZUMBA 6:45PM - 7:45PM</p>	<p> LES MILLS GRIT STRENGTH 7:15AM - 7:45AM</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM</p> <p> LES MILLS BODYFLOW 11:00AM - 11:45AM</p> <p> LES MILLS SH'BAM 3:15PM - 4:00PM</p> <p> LES MILLS BODYPUMP 4:15PM - 5:15PM</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:30PM</p> <p> ZUMBA 6:45PM - 7:45PM</p>	<p> LES MILLS barre 5:30AM - 6:00AM</p> <p>LES MILLS BODYPUMP 6:45AM - 7:45AM</p> <p> LES MILLS barre 9:00AM - 10:00AM</p> <p> LES MILLS GRIT CARDIO 3:15PM - 3:45PM</p> <p> LES MILLS BODYFLOW 4:15PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p>	<p> LES MILLS GRIT STRENGTH 6:30AM - 7:00AM</p> <p> LES MILLS CXWORX 7:15AM - 7:45AM</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM</p> <p> LES MILLS SH'BAM 10:30AM - 11:15AM</p> <p> LES MILLS BODYFLOW 11:35AM - 12:20PM</p> <p> LES MILLS BODYPUMP 3:00PM - 4:00PM</p> <p> ZUMBA 5:30PM - 6:30PM</p>	<p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p> ZUMBA 10:30AM - 11:30AM</p> <p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p> LES MILLS BODYCOMBAT 4:00PM - 5:00PM</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM</p>	<p> LES MILLS BODYPUMP 7:15AM - 8:15AM</p> <p> LES MILLS CXWORX 8:30AM - 9:00AM</p> <p> LES MILLS GRIT CARDIO 9:10AM - 9:40AM</p> <p> LES MILLS SH'BAM 10:00AM - 10:45AM</p> <p> LES MILLS barre 11:00AM - 11:30AM</p> <p> LES MILLS BODYFLOW 3:00PM - 4:00PM</p> <p> LES MILLS BODYPUMP 4:00PM - 5:00PM</p>

Club 4 Fitness - Kenner Group Exercise Timetable

Studio
2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:00AM - 6:30AM	 6:00AM - 6:30AM	 6:00AM - 6:50AM	 8:00AM - 8:50AM	 5:15AM - 5:45AM	 7:30AM - 8:20AM	 9:00AM - 9:30AM
 7:30AM - 8:20AM	 9:00AM - 10:00AM	 8:30AM - 9:00AM	 5:30PM - 6:30PM	 10:00AM - 11:00AM	 4:00PM - 4:50PM	 10:30AM - 11:20AM
 3:00PM - 3:50PM	 5:00PM - 5:50PM	 4:00PM - 4:30PM	 4:00PM - 4:50PM	 5:30PM - 6:00PM	 4:30PM - 5:00PM	

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

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
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

SPIN

Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat yet inspired to come back for more.

LES MILLS
barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

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

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

LES MILLS
GRIT | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

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
SH'BAM

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

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.



Yoga is a program designed to connect mind and body through a series of poses that uses breathing as a tool to stretch and strength the body.



A Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

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