

# Club4Fitness - Lafayette September Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS CXWORX</b> 5:15AM - 5:45AM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Studio 1</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 1</p> <p><b>LES MILLS RPM</b> 9:40AM - 10:25AM Studio 2</p> <p> <b>LES MILLS CXWORX</b> 12:00PM - 12:30PM Studio 1</p> <p> <b>LES MILLS sprint</b> 4:30PM - 5:00PM Studio 2</p> <p><b>YOGA</b> 4:30PM - 5:15PM Studio 1</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p><b>LES MILLS sprint</b> 6:35PM - 7:05PM Studio 2</p> <p> <b>ZUMBA</b> 6:40PM - 7:40PM Studio 1</p>	<p> <b>LES MILLS RPM</b> 5:15AM - 6:05AM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Studio 1</p> <p> <b>LES MILLS RPM</b> 7:05AM - 7:55AM Studio 2</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM Studio 2</p> <p><b>LES MILLS BODYFLOW</b> 9:10AM - 9:40AM Studio 1</p> <p> <b>LES MILLS CXWORX</b> 10:30AM - 11:00AM Studio 1</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 12:00PM - 12:30PM Studio 1</p> <p> <b>BODYPUMP EXPRESS</b> 4:30PM - 5:15PM Studio 1</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:30PM - 6:00PM Studio 1</p> <p><b>LES MILLS barre</b> 6:05PM - 6:35PM Studio 1</p> <p> <b>LES MILLS RPM</b> 6:05PM - 6:55PM Studio 2</p>	<p> <b>LES MILLS GRIT   STRENGTH</b> 5:15AM - 5:45AM Studio 1</p> <p><b>LES MILLS BODYFLOW</b> 6:00AM - 6:30AM Studio 1</p> <p> <b>LES MILLS CXWORX</b> 6:40AM - 7:10AM Studio 1</p> <p> <b>BODYPUMP EXPRESS</b> 8:30AM - 9:00AM Studio 1</p> <p><b>LES MILLS sprint</b> 9:05AM - 9:35AM Studio 2</p> <p> <b>LES MILLS RPM</b> 10:30AM - 11:20AM Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b> 12:00PM - 1:00PM Studio 1</p> <p> <b>LES MILLS RPM</b> 4:30PM - 5:20PM Studio 2</p> <p> <b>BODYPUMP EXPRESS</b> 5:30PM - 6:00PM Studio 1</p> <p><b>LES MILLS sprint</b> 6:05PM - 6:35PM Studio 2</p> <p><b>LES MILLS CXWORX</b> 6:05PM - 6:35PM Studio 1</p> <p><b>YOGA</b> 6:40PM - 7:40PM Studio 1</p>	<p><b>LES MILLS BODYPUMP</b> 5:15AM - 5:45AM Studio 1</p> <p> <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM Studio 1</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30AM - 9:00AM Studio 1</p> <p><b>LES MILLS BODYFLOW</b> 9:05AM - 10:05AM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 10:30AM - 11:30AM Studio 1</p> <p> <b>LES MILLS BODYFLOW</b> 12:00PM - 1:00PM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:15PM Studio 1</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p><b>LES MILLS RPM</b> 6:05PM - 6:50PM Studio 2</p> <p> <b>ZUMBA</b> 6:40PM - 7:40PM Studio 1</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Studio 2</p> <p><b>LES MILLS barre</b> 6:30AM - 7:00AM Studio 1</p> <p><b>YOGA</b> 7:10AM - 8:10AM Studio 1</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 1</p> <p> <b>LES MILLS sprint</b> 10:30AM - 11:00AM Studio 2</p> <p> <b>LES MILLS RPM</b> 12:00PM - 12:50PM Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b> 3:00PM - 4:00PM Studio 1</p> <p> <b>LES MILLS CXWORX</b> 4:30PM - 5:00PM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p>	<p> <b>LES MILLS RPM</b> 7:15AM - 8:05AM Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b> 8:00AM - 8:45AM Studio 1</p> <p><b>LES MILLS BODYPUMP</b> 9:00AM - 10:00AM Studio 1</p> <p> <b>LES MILLS sprint</b> 10:05AM - 10:35AM Studio 2</p> <p> <b>ZUMBA</b> 10:15AM - 11:15AM Studio 1</p> <p> <b>LES MILLS GRIT   CARDIO</b> 12:00PM - 12:30PM Studio 1</p> <p> <b>LES MILLS RPM</b> 3:00PM - 3:50PM Studio 2</p> <p> <b>LES MILLS SH'BAM</b> 4:30PM - 5:15PM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 5:30PM - 6:30PM Studio 1</p>	<p> <b>LES MILLS SH'BAM</b> 8:15AM - 9:00AM Studio 1</p> <p><b>YOGA</b> 10:00AM - 11:00AM Studio 1</p> <p> <b>LES MILLS sprint</b> 11:15AM - 11:45AM Studio 2</p> <p> <b>LES MILLS BODYFLOW</b> 4:00PM - 5:00PM Studio 1</p> <p> <b>LES MILLS RPM</b> 5:00PM - 5:50PM Studio 2</p>

**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**  
**barre**

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

**LES MILLS**  
**GRIT** | **CARDIO**

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

**LES MILLS**  
**GRIT** | **STRENGTH**

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

**LES MILLS**  
**RPM**

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

**LES MILLS**  
**sprint**

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

**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**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

**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**

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

**LES MILLS**  
**SH'BAM**

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.

**YOGA**

Enhance your strength, balance, flexibility, and stability while finding your inner calmness and peace.



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.

# Club4-Lafayette-March

## Group Exercise Timetable