

Club 4 Fitness -Airport September Group Fitness

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

Monday



12:00PM - 12:30PM
Cycle



3:00PM - 3:30PM
Main room



3:00PM - 3:50PM
Cycle



4:30PM - 5:30PM
Main room



4:30PM - 5:00PM
Cycle



5:30PM - 6:00PM
Cycle



5:35PM - 6:05PM
Main room



6:15PM - 7:05PM
Cycle



6:15PM - 7:15PM
Main room



7:25PM - 8:25PM
Main room



7:30PM - 8:00PM
Cycle

Tuesday



4:30PM - 5:30PM
Main room



5:00PM - 5:50PM
Cycle



5:45PM - 6:15PM
Main room



6:25PM - 7:25PM
Main room



6:30PM - 7:00PM
Cycle



7:35PM - 8:20PM
Main room

Wednesday



4:30PM - 5:20PM
Cycle



4:30PM - 5:30PM
Main room



5:30PM - 6:00PM
Cycle



5:35PM - 6:35PM
Main room



6:15PM - 7:05PM
Cycle



6:45PM - 7:45PM
Main room

Thursday



3:00PM - 3:30PM
Cycle



4:30PM - 5:00PM
Cycle



4:30PM - 5:30PM
Main room



5:30PM - 6:20PM
Cycle



5:30PM - 6:30PM
Main room



6:30PM - 7:00PM
Cycle



6:45PM - 7:45PM
Main room



8:00PM - 8:30PM
Main room

Friday



5:00PM - 5:30PM
Cycle



5:30PM - 6:30PM
Main room



6:30PM - 7:30PM
Main room

Saturday



3:00PM - 3:50PM
Cycle



3:00PM - 3:30PM
Main room



3:35PM - 4:05PM
Main room



4:15PM - 5:15PM
Main room



4:30PM - 5:00PM
Cycle



5:30PM - 6:30PM
Main room



5:30PM - 6:00PM
Cycle

Sunday



3:55PM - 4:25PM
Cycle



4:45PM - 5:15PM
Main room

Club 4 Fitness -Airport September Group Fitness

Main room

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

Club 4 Fitness -Airport September Group Fitness

Cycle

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| LES MILLS sprint 5:15AM - 5:45AM | LES MILLS RPM 5:15AM - 6:05AM | LES MILLS sprint 5:15AM - 5:45AM | LES MILLS RPM 5:15AM - 6:05AM | LES MILLS sprint 5:15AM - 5:45AM | LES MILLS sprint 7:30AM - 8:00AM | LES MILLS RPM 8:00AM - 8:50AM |
| LES MILLS RPM 6:00AM - 6:50AM | LES MILLS RPM 7:15AM - 8:05AM | LES MILLS RPM 6:30AM - 7:20AM | LES MILLS sprint 6:30AM - 7:00AM | LES MILLS sprint 8:00AM - 8:30AM | LES MILLS sprint 8:45AM - 9:15AM | LES MILLS sprint 9:30AM - 10:00AM |
| LES MILLS sprint 7:30AM - 8:00AM | LES MILLS sprint 9:30AM - 10:00AM | LES MILLS RPM 9:00AM - 9:50AM | LES MILLS sprint 8:05AM - 8:35AM | LES MILLS sprint 12:00PM - 12:30PM | LES MILLS RPM 9:30AM - 10:20AM | LES MILLS RPM 10:30AM - 11:20AM |
| LES MILLS sprint 8:30AM - 9:00AM | LES MILLS sprint 12:00PM - 12:30PM | LES MILLS sprint 12:00PM - 12:30PM | LES MILLS RPM 12:00PM - 1:00PM | LES MILLS sprint 3:00PM - 3:30PM | LES MILLS RPM 12:00PM - 12:50PM | LES MILLS sprint 12:00PM - 12:30PM |
| LES MILLS RPM 9:30AM - 10:20AM | LES MILLS sprint 3:00PM - 3:30PM | LES MILLS RPM 3:00PM - 3:50PM | LES MILLS sprint 3:00PM - 3:30PM | LES MILLS sprint 5:00PM - 5:30PM | LES MILLS sprint 1:00PM - 1:30PM | LES MILLS RPM 1:30PM - 2:20PM |
| LES MILLS sprint 12:00PM - 12:30PM | LES MILLS RPM 5:00PM - 5:50PM | LES MILLS RPM 4:30PM - 5:20PM | LES MILLS sprint 4:30PM - 5:00PM | | LES MILLS RPM 2:00PM - 2:50PM | LES MILLS sprint 2:30PM - 3:00PM |
| LES MILLS RPM 3:00PM - 3:50PM | LES MILLS sprint 6:30PM - 7:00PM | LES MILLS sprint 5:30PM - 6:00PM | LES MILLS RPM 5:30PM - 6:20PM | | LES MILLS RPM 3:00PM - 3:50PM | LES MILLS sprint 3:55PM - 4:25PM |
| LES MILLS sprint 4:30PM - 5:00PM | | LES MILLS RPM 6:15PM - 7:05PM | LES MILLS sprint 6:30PM - 7:00PM | | LES MILLS sprint 4:30PM - 5:00PM | |
| LES MILLS sprint 5:30PM - 6:00PM | | | | | LES MILLS sprint 5:30PM - 6:00PM | |
| LES MILLS RPM 6:15PM - 7:05PM | | | | | | |
| LES MILLS sprint 7:30PM - 8:00PM | | | | | | |

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
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
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
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
barre

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

LES MILLS
BODYCOMBAT

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

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**

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
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.

Club 4 Fitness - Airport Boulevard Group Exercise Timetable