

Club 4 Fitness - Highland Court Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYPUMP 5:00AM - 6:00AM Group Studio	RPM™ 5:00AM - 5:45AM Cycle Studio	STEP 5:00AM - 6:00AM Group Studio	LES MILLS GRIT™ Strength 5:00AM - 5:30AM Group Studio	VIRTUAL BODYPUMP 5:00AM - 6:00AM Group Studio	VIRTUAL GRIT Cardio 7:00AM - 7:30AM Group Studio	VIRTUAL BODYCOMBAT 8:00AM - 8:45AM Group Studio
LES MILLS GRIT™ Strength 8:15AM - 8:45AM Group Studio	VIRTUAL BODYCOMBAT 5:00AM - 6:00AM Group Studio	LES MILLS GRIT™ Cardio 8:15AM - 8:45AM Group Studio	BOOTCAMP 6:00AM - 6:45AM Club360	LES MILLS GRIT™ Plyo 8:15AM - 8:45AM Group Studio	BODYPUMP EXPRESS 8:00AM - 8:45AM Group Studio	VIRTUAL BODYPUMP 9:00AM - 10:00AM Group Studio
Spin 8:50AM - 9:35AM Cycle Studio	VIRTUAL BODYPUMP 6:15AM - 7:15AM Group Studio	STEP EXPRESS 8:50AM - 9:35AM Group Studio	VIRTUAL BODYFLOW 8:00AM - 8:45AM Group Studio	BODYCOMBAT™ 8:50AM - 9:20AM Group Studio	VIRTUAL CXWORX 9:00AM - 9:30AM Group Studio	VIRTUAL BARRE 12:00PM - 12:30PM Group Studio
VIRTUAL CXWORX 8:50AM - 9:20AM Group Studio	Spin 8:00AM - 8:45AM Cycle Studio	BOOTCAMP 9:00AM - 9:45AM Club360	BODYPUMP™ 8:00AM - 9:50AM Group Studio	Yoga 9:35AM - 10:35AM Group Studio	VIRTUAL BODYFLOW 10:15AM - 11:00AM Group Studio	VIRTUAL SH'BAM 2:00PM - 2:45PM Group Studio
Yoga 9:35AM - 10:35AM Group Studio	VIRTUAL BARRE 8:00AM - 8:30AM Group Studio	BODYFLOW® 9:35AM - 10:20AM Group Studio	VIRTUAL GRIT Strength 12:00PM - 12:30PM Group Studio	VIRTUAL BARRE 11:30AM - 12:00PM Group Studio	VIRTUAL BODYCOMBAT 3:30PM - 4:15PM Group Studio	VIRTUAL BODYFLOW 3:00PM - 3:45PM Group Studio
VIRTUAL BODYPUMP 11:30AM - 12:30PM Group Studio	BODYPUMP™ 8:50AM - 9:50AM Group Studio	CXWORX™ 11:30AM - 12:00PM Group Studio	HELL'S BELLS 4:00PM - 4:45PM Horn Lake Club360	VIRTUAL CXWORX 3:30PM - 4:00PM Group Studio	VIRTUAL BODYPUMP 4:30PM - 5:30PM Group Studio	
VIRTUAL BARRE 4:00PM - 4:30PM Group Studio	VIRTUAL BARRE 12:00PM - 12:30PM Group Studio	VIRTUAL SH'BAM 4:30PM - 5:15PM Group Studio	VIRTUAL BODYCOMBAT 4:30PM - 5:30PM Group Studio	VIRTUAL BODYCOMBAT 4:30PM - 5:30PM Group Studio		
Club360 Total Body 4:15PM - 4:45PM Club360	VIRTUAL BODYPUMP 4:15PM - 5:00PM Group Studio	Spin 5:15PM - 6:00PM Cycle Studio	BODYPUMP™ 6:00PM - 6:30PM Group Studio	VIRTUAL BARRE 5:35PM - 6:05PM Group Studio		
LES MILLS GRIT™ Strength 5:00PM - 5:30PM Group Studio	BODYFLOW® 5:15PM - 6:00PM Group Studio	BODYPUMP™ 6:00PM - 7:00PM Group Studio	CXWORX™ 6:30PM - 7:00PM Group Studio	VIRTUAL SH'BAM 6:45PM - 7:30PM Group Studio		
VIRTUAL BODYPUMP 5:45PM - 6:45PM Group Studio	Zumba 6:00PM - 7:00PM Group Studio	VIRTUAL CXWORX 7:05PM - 7:35PM Group Studio	SH'BAM™ 7:05PM - 7:50PM Group Studio			
RPM™ 6:00PM - 6:45PM Cycle Studio	VIRTUAL GRIT Strength 7:05PM - 7:35PM Group Studio					
VIRTUAL BODYFLOW 7:00PM - 8:00PM Group Studio						

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 | PLYO

LES MILLS GRIT™ Plyo is a 30 minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

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 SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

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

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 SH'BAM

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

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