

Club 4 Fitness - McKinney Studio Fitness October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYCOMBAT 5:15AM - 6:15AM Group Studio</p> <p> sprint 5:30AM - 6:00AM Cycle Studio</p> <p> LES MILLS BODYFLOW 6:30AM - 7:30AM Group Studio</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM Group Studio</p> <p> LES MILLS BODYPUMP 10:35AM - 11:35AM Group Studio</p> <p> LES MILLS CXWORX 12:00PM - 12:30PM Group Studio</p> <p> barre 4:30PM - 5:00PM Group Studio</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p> <p> ZUMBA 6:35PM - 7:35PM Group Studio</p> <p> LES MILLS RPM 6:35PM - 7:35PM Cycle Studio</p> <p> LES MILLS CXWORX 7:45PM - 8:15PM Group Studio</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio</p> <p> LES MILLS CXWORX 8:30AM - 9:00AM Group Studio</p> <p> HIGH INTENSITY 9:35AM - 10:20AM Group Studio</p> <p> POP PILATES 10:25AM - 11:25AM Group Studio</p> <p> sprint 12:00PM - 12:30PM Cycle Studio</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Group Studio</p> <p>LES MILLS BODYCOMBAT 5:35PM - 6:35PM Group Studio</p> <p> LES MILLS GRIT STRENGTH 6:40PM - 7:10PM Group Studio</p> <p>LES MILLS sprint 7:00PM - 7:30PM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 8:00PM - 8:30PM Group Studio</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 6:30AM - 7:00AM Group Studio</p> <p>tone 9:30AM - 10:30AM Group Studio</p> <p>LES MILLS sprint 10:35AM - 11:35AM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Group Studio</p> <p> LES MILLS RPM 4:30PM - 5:20PM Cycle Studio</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Group Studio</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:30PM Cycle Studio</p> <p> LES MILLS SH'BAM 8:00PM - 8:45PM Group Studio</p>	<p> LES MILLS BODYFLOW 5:15AM - 6:15AM Group Studio</p> <p> sprint 5:30AM - 6:00AM Cycle Studio</p> <p> LES MILLS GRIT ATHLETIC 6:30AM - 7:00AM Group Studio</p> <p> LES MILLS RPM 8:30AM - 9:20AM Cycle Studio</p> <p>Yoga 10:35AM - 11:35AM Group Studio</p> <p> LES MILLS CXWORX 12:00PM - 12:30PM Group Studio</p> <p> sprint 4:00PM - 4:30PM Cycle Studio</p> <p> BODY PUMP EXPRESS 4:30PM - 5:15PM Group Studio</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio</p> <p> ZUMBA 6:35PM - 7:35PM Group Studio</p> <p> LES MILLS BODYPUMP 8:00PM - 9:00PM Group Studio</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Cycle Studio</p> <p> LES MILLS BODYPUMP 6:30AM - 7:30AM Group Studio</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p>LES MILLS BODYCOMBAT 9:35AM - 10:35AM Group Studio</p> <p> LES MILLS RPM 10:40AM - 11:30AM Cycle Studio</p> <p> ZUMBA 11:00AM - 11:55AM Group Studio</p> <p> sprint 4:30PM - 5:00PM Cycle Studio</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p> <p>LES MILLS BODYCOMBAT 6:35PM - 7:35PM Group Studio</p>	<p> sprint 6:00AM - 6:30AM Cycle Studio</p> <p> LES MILLS BODYPUMP 7:00AM - 8:00AM Group Studio</p> <p>LES MILLS RPM 8:30AM - 9:20AM Cycle Studio</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Group Studio</p> <p>LES MILLS BODYCOMBAT 10:35AM - 11:35AM Group Studio</p> <p> LES MILLS GRIT ATHLETIC 1:00PM - 1:30PM Group Studio</p> <p> LES MILLS BODYFLOW 3:30PM - 4:30PM Group Studio</p> <p> LES MILLS RPM 5:30PM - 6:20PM Cycle Studio</p>	<p> LES MILLS CXWORX 7:00AM - 7:30AM Group Studio</p> <p>LES MILLS sprint 8:30AM - 9:00AM Cycle Studio</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM Group Studio</p> <p>LES MILLS BODYPUMP 10:35AM - 11:35AM Group Studio</p> <p> LES MILLS BODYFLOW 1:00PM - 2:00PM Group Studio</p> <p> sprint 3:00PM - 3:30PM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 4:05PM - 4:35PM Group Studio</p>

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.



HIGH fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks.

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 tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.



POP Pilates is a strength and flexibility workout and can be done in bare feet on nothing but a yoga mat or the floor. There's absolutely no equipment needed (other than the mat), because all of the resistance work is done using your own bodyweight.

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

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

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

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 | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

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

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.



Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

Club 4 Fitness - McKinney Studio Fitness Schedule