

Club 4 Fitness - Highland Court Group Exercise Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|---|--|
| 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 | RPM™ 5:00AM - 5:45AM Cycle 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 - 5:45AM Group Studio | LES MILLS GRIT™ Plyo 8:15AM - 8:45AM Group Studio | VIRTUAL CXWORX 5:35AM - 6:05AM Group Studio | VIRTUAL BODYPUMP 5:00AM - 5:45AM 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 - 9:30AM Group Studio | VIRTUAL BODYFLOW 8:00AM - 8:45AM Group Studio | LES MILLS GRIT™ Cardio 8:15AM - 8:45AM Group Studio | BODYATTACK™ 9:00AM - 9:45AM 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 | BODYFLOW® 9:35AM - 10:20AM Group Studio | RPM™ 8:00AM - 8:45AM Cycle Studio | VIRTUAL BODYCOMBAT 8:50AM - 9:20AM 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 | VIRTUAL CXWORX 11:30AM - 12:00PM Group Studio | BODYPUMP™ 8:50AM - 9:50AM Group Studio | Yoga 9:35AM - 10:35AM 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™ 4:30PM - 5:00PM Group Studio | VIRTUAL GRIT Strength 12:00PM - 12:30PM Group Studio | VIRTUAL BARRE 11:30AM - 12:00PM 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 | Spin 5:15PM - 6:00PM Cycle Studio | VIRTUAL BODYCOMBAT 4:30PM - 5:15PM Group Studio | VIRTUAL CXWORX 3:30PM - 4:00PM Group Studio | | |
| LES MILLS GRIT™ Strength 5:00PM - 5:30PM Group Studio | VIRTUAL BODYPUMP 4:15PM - 5:00PM Group Studio | BODYPUMP™ 6:00PM - 7:00PM Group Studio | BODYATTACK™ 5:35PM - 6:35PM Group Studio | VIRTUAL BODYCOMBAT 4:30PM - 5:15PM Group Studio | | |
| BODYPUMP™ 5:45PM - 6:15PM Group Studio | BODYFLOW® 5:15PM - 6:00PM Group Studio | VIRTUAL CXWORX 7:05PM - 7:35PM Group Studio | VIRTUAL BARRE 6:40PM - 7:10PM Group Studio | VIRTUAL BARRE 5:35PM - 6:05PM Group Studio | | |
| RPM™ 6:00PM - 6:45PM Cycle Studio | Zumba 6:00PM - 7:00PM Group Studio | | | VIRTUAL SH'BAM 6:45PM - 7:30PM Group Studio | | |
| CXWORX™ 6:15PM - 6:45PM Group Studio | VIRTUAL GRIT Strength 7:05PM - 7:35PM Group Studio | | | | | |
| VIRTUAL BODYFLOW 7:00PM - 8:00PM Group Studio | | | | | | |

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 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 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!



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

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