

Club 4 Fitness - 280 November Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> barre 5:00AM - 5:30AM Group Studio</p> <p> RPM 5:15AM - 6:05AM Cycle Studio</p> <p> BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> sprint 6:20AM - 6:50AM Cycle Studio</p> <p> SH'BAM 6:30AM - 7:15AM Group Studio</p> <p> sprint 8:00AM - 8:30AM Cycle Studio</p> <p> BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p> RPM 9:45AM - 10:30AM Cycle Studio</p> <p> BODYCOMBAT 10:40AM - 11:40AM Group Studio</p> <p> 12:00PM - 1:00PM Functional Training</p> <p> BODYFLOW 12:00PM - 1:00PM Group Studio</p> <p> sprint 12:00PM - 12:30PM Cycle Studio</p>	<p> BODYPUMP 5:30AM - 6:30AM Group Studio</p> <p> RPM 6:00AM - 7:00AM Cycle Studio</p> <p> RPM 8:00AM - 8:50AM Cycle Studio</p> <p> SH'BAM 8:15AM - 9:00AM Group Studio</p> <p> 8:30AM - 9:30AM Functional Training</p> <p> BODYPUMP 9:15AM - 10:00AM Group Studio</p> <p> sprint 9:30AM - 10:00AM Cycle Studio</p> <p> GRIT CARDIO 10:30AM - 11:00AM Group Studio</p> <p> BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> RPM 12:00PM - 12:50PM Cycle Studio</p> <p> 3:30PM - 4:30PM Functional Training</p> <p> BODYSTEP ATHLETIC 4:30PM - 5:30PM Group Studio</p>	<p> CXWORX 5:00AM - 5:30AM Group Studio</p> <p> RPM 5:15AM - 6:15AM Cycle Studio</p> <p> BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> BODYCOMBAT 6:35AM - 7:35AM Group Studio</p> <p> sprint 8:00AM - 8:30AM Cycle Studio</p> <p> BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p> 8:30AM - 9:00AM Functional Training</p> <p> RPM 9:30AM - 10:20AM Cycle Studio</p> <p> SH'BAM 9:45AM - 10:30AM Group Studio</p> <p> 10:00AM - 10:45AM Functional Training</p> <p> sprint 12:00PM - 12:30PM Cycle Studio</p> <p> barre 12:00PM - 12:30PM Group Studio</p>	<p> sprint 5:30AM - 6:00AM Cycle Studio</p> <p> BODYPUMP 5:30AM - 6:30AM Group Studio</p> <p> BODYFLOW 7:10AM - 8:10AM Group Studio</p> <p> 8:30AM - 9:15AM Functional Training</p> <p> GRIT CARDIO 9:30AM - 10:00AM Group Studio</p> <p> sprint 9:30AM - 10:00AM Cycle Studio</p> <p> CXWORX 10:05AM - 10:35AM Group Studio</p> <p> SH'BAM 12:00PM - 12:45PM Group Studio</p> <p> RPM 12:00PM - 12:50PM Cycle Studio</p> <p> CXWORX 4:00PM - 4:30PM Group Studio</p> <p> 4:30PM - 5:30PM Functional Training</p> <p>Zumba 5:30PM - 6:30PM Group Studio</p>	<p> BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> sprint 6:20AM - 6:50AM Cycle Studio</p> <p> SH'BAM 6:40AM - 7:25AM Group Studio</p> <p> RPM 8:00AM - 8:50AM Cycle Studio</p> <p> BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p> 12:00PM - 1:00PM Functional Training</p> <p> GRIT CARDIO 12:00PM - 12:30PM Group Studio</p> <p> BODYFLOW 4:00PM - 5:00PM Group Studio</p> <p> sprint 5:00PM - 5:30PM Cycle Studio</p> <p> 5:00PM - 6:00PM Functional Training</p> <p> RPM 6:00PM - 6:50PM Cycle Studio</p>	<p> GRIT STRENGTH 7:15AM - 7:45AM Group Studio</p> <p> GRIT CARDIO 8:00AM - 8:30AM Group Studio</p> <p> sprint 8:15AM - 8:45AM Cycle Studio</p> <p> RPM 9:00AM - 9:50AM Cycle Studio</p> <p> 9:00AM - 9:45AM Functional Training</p> <p> BODYPUMP 9:00AM - 10:00AM Group Studio</p> <p> 10:00AM - 11:00AM Functional Training</p> <p> BODYFLOW 10:30AM - 11:30AM Group Studio</p> <p> sprint 12:00PM - 12:30PM Cycle Studio</p> <p> BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> RPM 3:00PM - 3:50PM Cycle Studio</p> <p> BODYCOMBAT 4:00PM - 5:00PM Group Studio</p>	<p> sprint 8:15AM - 8:45AM Cycle Studio</p> <p> BODYCOMBAT 8:15AM - 9:15AM Group Studio</p> <p> RPM 9:00AM - 9:50AM Cycle Studio</p> <p> barre 10:30AM - 11:00AM Group Studio</p> <p> RPM 11:00AM - 11:45AM Cycle Studio</p> <p> BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> BODYFLOW 1:30PM - 2:30PM Group Studio</p> <p> sprint 3:00PM - 3:30PM Cycle Studio</p> <p> CXWORX 4:30PM - 5:00PM Group Studio</p> <p> BODYFLOW 5:00PM - 6:00PM Group Studio</p>

Monday



4:15PM - 5:15PM
Group Studio



5:00PM - 5:30PM
Cycle Studio

Zumba

5:30PM - 6:30PM
Group Studio



5:30PM - 6:15PM
Functional Training



6:00PM - 6:50PM
Cycle Studio



6:35PM - 7:05PM
Group Studio

Tuesday



5:00PM - 6:00PM
Functional Training



5:30PM - 6:00PM
Cycle Studio



5:40PM - 6:40PM
Group Studio



7:00PM - 7:50PM
Cycle Studio

Wednesday



4:00PM - 5:00PM
Group Studio



4:30PM - 5:30PM
Functional Training



5:00PM - 5:30PM
Cycle Studio



5:30PM - 6:30PM
Group Studio



6:00PM - 6:30PM
Functional Training



6:00PM - 6:45PM
Cycle Studio



6:45PM - 7:15PM
Group Studio

Thursday



5:30PM - 6:15PM
Cycle Studio



6:00PM - 7:00PM
Functional Training



6:35PM - 7:35PM
Group Studio



7:00PM - 7:50PM
Cycle Studio

Friday

Saturday



















5:00PM - 5:30PM
Group Studio

Sunday

Club 4 Fitness - 280 November Group Fitness

Functional Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 12:00PM - 1:00PM	 8:30AM - 9:30AM	 8:30AM - 9:00AM	 8:30AM - 9:15AM	 12:00PM - 1:00PM	 9:00AM - 9:45AM	
 5:30PM - 6:15PM	 3:30PM - 4:30PM	 10:00AM - 10:45AM	 4:30PM - 5:30PM	 5:00PM - 6:00PM	 10:00AM - 11:00AM	
	 5:00PM - 6:00PM	 4:30PM - 5:30PM	 6:00PM - 7:00PM			
		 6:00PM - 6:30PM				

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
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
BODYSTEP ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

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.



Yep, kettlebells, barbells and dumbbells! Classes are programmed to perfection using all the "bells" and bodyweight movements in a series of 3 circuits that will surely challenge all levels of fitness.

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.



Take your strength training to a new level by joining our Power4 classes. Each class is programmed in 4 parts and designed around 4 exercises. Each class includes (1) upper body, (1) lower body, (1) compound or cardio and (1) bodyweight exercise. Trainers teach the proper form and assist them in executing a workout designed to gain strength and knowledge.



Hate Cardio? Not anymore... This dynamic, high intensity class centered around battle ropes, intense core exercises, bursts of body weight conditioning and active rest periods will make you re-think skipping cardio.

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.



Our TRX BURN class is the perfect way to get an absolute calorie burn while improving strength and mobility all in one. Time flies by as you quickly transition between body weight exercises that can be easily modified to give each person the level of intensity he/she is looking to achieve.

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

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!

Club 4 Fitness - 280
November