

# Club 4 Fitness - Lake Harbour Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>SPIN</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>SPIN</b> 8:00AM - 8:45AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 8:45AM - 9:45AM Group Fitness Studio</p> <p><b>YOGA</b> 9:00AM - 10:00AM Mind/Body Studio</p> <p><b>LES MILLS BODYFLOW</b> 9:50AM - 10:50AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS CXWORX</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>CLUB DANCE</b> 4:30PM - 5:15PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM Group Fitness Studio</p> <p><b>STEP</b> 6:40PM - 7:40PM Group Fitness Studio</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS CXWORX</b> 5:50AM - 6:20AM Group Fitness Studio</p> <p><b>SPIN</b> 8:15AM - 9:00AM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 8:15AM - 9:00AM Group Fitness Studio</p> <p><b>LES MILLS BODYATTACK</b> 9:05AM - 10:05AM Group Fitness Studio</p> <p><b>YOGA</b> 9:15AM - 10:15AM Mind/Body Studio</p> <p><b>LES MILLS CXWORX</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 4:00PM - 4:30PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 5:35PM - 6:35PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 5:45PM - 6:35PM Cycle Studio</p>	<p><b>SPIN</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>LES MILLS CXWORX</b> 8:00AM - 8:30AM Group Fitness Studio</p> <p><b>CLUB DANCE</b> 8:45AM - 9:30AM Group Fitness Studio</p> <p><b>Barre</b> 9:45AM - 10:30AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycle Studio</p> <p><b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM Group Fitness Studio</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS CXWORX</b> 5:50AM - 6:20AM Group Fitness Studio</p> <p><b>SPIN</b> 8:15AM - 9:00AM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 8:15AM - 9:00AM Group Fitness Studio</p> <p><b>CLUB HIIT</b> 9:05AM - 9:50AM Group Fitness Studio</p> <p><b>YOGA</b> 9:50AM - 10:35AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 5:35PM - 6:35PM Mind/Body Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 5:35PM - 6:20PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 5:45PM - 6:15PM Cycle Studio</p> <p><b>LES MILLS CXWORX</b> 6:30PM - 7:00PM Group Fitness Studio</p>	<p><b>SPIN</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>STEP</b> 8:00AM - 8:45AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 8:45AM - 9:45AM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 10:00AM - 11:00AM Group Fitness Studio</p>	<p><b>SPIN</b> 8:15AM - 9:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 9:05AM - 10:05AM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 12:00PM - 12:30PM Cycle Studio</p> <p><b>LES MILLS GRIT   STRENGTH</b> 12:35PM - 1:05PM Group Fitness Studio</p>	<p><b>LES MILLS GRIT   CARDIO</b> 12:00PM - 12:30PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 12:35PM - 1:05PM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM Group Fitness Studio</p> <p><b>YOGA</b> 4:00PM - 5:00PM Group Fitness Studio</p>

**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.

**CLUB HIIT**

Cardio, plyometrics, strength, and everything in between. A 30-45 minute high intensity interval training.

**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**  
**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**SPIN**

Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat yet inspired to come back for more.

**LES MILLS**  
**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**STEP**

A great cardio option that takes you back to old school step, but with fresh new moves and music.

**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**

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

**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**  
**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.

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