





















Club 4 Fitness -Airport November Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:15AM - 6:15AM Main room</p> <p>LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p>LES MILLS SH'BAM 6:30AM - 7:15AM Main room</p> <p>LES MILLS CXWORX 7:20AM - 7:50AM Main room</p> <p>LES MILLS BODYCOMBAT 8:00AM - 9:00AM Main room</p> <p>LES MILLS sprint 9:00AM - 9:30AM Cycle</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM Main room</p> <p>LES MILLS BODYCOMBAT 12:00PM - 1:00PM Main room</p> <p>LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p>LES MILLS GRIT CARDIO 3:00PM - 3:30PM Main room</p> <p>LES MILLS RPM 3:00PM - 3:50PM Cycle</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Main room</p>	<p>LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p>LES MILLS CXWORX 5:15AM - 5:45AM Main room</p> <p>LES MILLS RPM 7:30AM - 8:20AM Cycle</p> <p>LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Main room</p> <p>LES MILLS CXWORX 8:50AM - 9:20AM Main room</p> <p>LES MILLS BODYFLOW 9:30AM - 10:30AM Main room</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM Main room</p> <p>LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Main room</p> <p>LES MILLS sprint 3:00PM - 3:30PM Cycle</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM Main room</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Main room</p>	<p>LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p>LES MILLS GRIT CARDIO 5:15AM - 5:45AM Main room</p> <p>LES MILLS CXWORX 5:55AM - 6:25AM Main room</p> <p>LES MILLS RPM 6:30AM - 7:20AM Cycle</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM Main room</p> <p>STEP 8:15AM - 9:15AM Main room</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Main room</p> <p>LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p>LES MILLS CXWORX 12:30PM - 1:00PM Main room</p> <p>LES MILLS RPM 3:00PM - 3:50PM Cycle</p> <p>LES MILLS BODYATTACK 4:30PM - 5:30PM Main room</p> <p>LES MILLS sprint 5:30PM - 6:00PM Cycle</p>	<p>LES MILLS BODYPUMP 5:10AM - 6:10AM Main room</p> <p>LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p>LES MILLS CXWORX 6:30AM - 7:00AM Main room</p> <p>LES MILLS BODYPUMP 7:30AM - 8:15AM Main room</p> <p>LES MILLS sprint 8:05AM - 8:35AM Cycle</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM Main room</p> <p>LES MILLS CXWORX 9:45AM - 10:15AM Main room</p> <p>LES MILLS BODYCOMBAT 10:30AM - 11:30AM Main room</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM Main room</p> <p>LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Main room</p> <p>LES MILLS sprint 3:00PM - 3:30PM Cycle</p>	<p>LES MILLS BODYFLOW 5:10AM - 6:10AM Main room</p> <p>LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p>LES MILLS GRIT STRENGTH 7:15AM - 7:45AM Main room</p> <p>LES MILLS sprint 8:00AM - 8:30AM Cycle</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Main room</p> <p>YOGA 9:40AM - 10:40AM Main room</p> <p>barre 11:00AM - 11:30AM Main room</p> <p>LES MILLS CXWORX 12:00PM - 12:30PM Main room</p> <p>LES MILLS sprint 12:30PM - 1:00PM Cycle</p> <p>LES MILLS sprint 3:00PM - 3:30PM Cycle</p> <p>LES MILLS BODYFLOW 3:00PM - 3:30PM Main room</p> <p>LES MILLS GRIT CARDIO 4:30PM - 5:00PM Main room</p>	<p>LES MILLS BODYFLOW 7:15AM - 7:45AM Main room</p> <p>LES MILLS sprint 7:30AM - 8:00AM Cycle</p> <p>LES MILLS CXWORX 8:05AM - 8:35AM Main room</p> <p>LES MILLS sprint 8:45AM - 9:15AM Cycle</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Main room</p> <p>ZUMBA 10:45AM - 11:45AM Main room</p> <p>LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Main room</p> <p>LES MILLS SH'BAM 1:00PM - 1:45PM Main room</p> <p>LES MILLS RPM 2:00PM - 2:50PM Cycle</p> <p>LES MILLS CXWORX 3:00PM - 3:30PM Main room</p> <p>barre 3:35PM - 4:05PM Main room</p> <p>LES MILLS BODYFLOW 4:15PM - 5:15PM Main room</p>	<p>LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Main room</p> <p>LES MILLS RPM 8:15AM - 9:05AM Cycle</p> <p>LES MILLS sprint 9:30AM - 10:00AM Cycle</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM Main room</p> <p>LES MILLS RPM 10:30AM - 11:20AM Cycle</p> <p>LES MILLS GRIT CARDIO 11:00AM - 11:30AM Main room</p> <p>LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM Main room</p> <p>LES MILLS BODYFLOW 1:00PM - 1:30PM Main room</p> <p>LES MILLS RPM 1:30PM - 2:20PM Cycle</p> <p>LES MILLS sprint 2:30PM - 3:00PM Cycle</p> <p>LES MILLS BODYPUMP 2:45PM - 3:45PM Main room</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS sprint 4:30PM - 5:00PM Cycle</p> <p> LES MILLS CXWORX 5:35PM - 6:05PM Main room</p> <p> LES MILLS BODYFLOW 6:15PM - 7:15PM Main room</p> <p> LES MILLS sprint 6:15PM - 6:45PM Cycle</p>	<p> LES MILLS sprint 6:00PM - 7:00PM Cycle</p> <p> LES MILLS BODYFLOW 6:25PM - 7:25PM Main room</p> <p> LES MILLS SH'BAM 7:35PM - 8:20PM Main room</p>	<p> LES MILLS BODYPUMP 5:35PM - 6:35PM Main room</p> <p> LES MILLS RPM 6:15PM - 7:05PM Cycle</p> <p> LES MILLS BODYCOMBAT 6:45PM - 7:45PM Main room</p>	<p> LES MILLS sprint 4:30PM - 5:00PM Cycle</p> <p> LES MILLS barre 4:30PM - 5:00PM Main room</p> <p>YOGA 5:35PM - 6:35PM Main room</p> <p>ZUMBA 6:45PM - 7:45PM Main room</p> <p> LES MILLS GRIT CARDIO 8:00PM - 8:30PM Main room</p>	<p> LES MILLS RPM 5:00PM - 5:50PM Cycle</p> <p> LES MILLS BODYFLOW 5:30PM - 6:30PM Main room</p> <p> LES MILLS BODYPUMP 6:30PM - 7:30PM Main room</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM Main room</p> <p> LES MILLS sprint 5:30PM - 6:00PM Cycle</p>	<p> LES MILLS sprint 3:55PM - 4:25PM Cycle</p> <p> LES MILLS BODYFLOW 4:45PM - 5:15PM Main room</p>

Club 4 Fitness -Airport November Group Fitness

Main room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:15AM - 6:15AM</p> <p>LES MILLS SH'BAM 6:30AM - 7:15AM</p> <p>LES MILLS CXWORX 7:20AM - 7:50AM</p> <p>LES MILLS BODYCOMBAT 8:00AM - 9:00AM</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 1:00PM</p> <p>LES MILLS GRIT CARDIO 3:00PM - 3:30PM</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM</p> <p>LES MILLS CXWORX 5:35PM - 6:05PM</p> <p>LES MILLS BODYFLOW 6:15PM - 7:15PM</p>	<p>LES MILLS CXWORX 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 8:15AM - 8:45AM</p> <p>LES MILLS CXWORX 8:50AM - 9:20AM</p> <p>LES MILLS BODYFLOW 9:30AM - 10:30AM</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM</p> <p>LES MILLS BODYFLOW 6:25PM - 7:25PM</p> <p>LES MILLS SH'BAM 7:35PM - 8:20PM</p>	<p>LES MILLS GRIT CARDIO 5:15AM - 5:45AM</p> <p>LES MILLS CXWORX 5:55AM - 6:25AM</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM</p> <p>STEP 8:15AM - 9:15AM</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM</p> <p>LES MILLS CXWORX 12:30PM - 1:00PM</p> <p>LES MILLS BODYATTACK 4:30PM - 5:30PM</p> <p>LES MILLS BODYPUMP 5:35PM - 6:35PM</p> <p>LES MILLS BODYCOMBAT 6:45PM - 7:45PM</p>	<p>LES MILLS BODYPUMP 5:10AM - 6:10AM</p> <p>LES MILLS CXWORX 6:30AM - 7:00AM</p> <p>LES MILLS BODYPUMP 7:30AM - 8:15AM</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM</p> <p>LES MILLS CXWORX 9:45AM - 10:15AM</p> <p>LES MILLS BODYCOMBAT 10:30AM - 11:30AM</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM</p> <p>barre 4:30PM - 5:00PM</p> <p>YOGA 5:35PM - 6:35PM</p> <p>ZUMBA 6:45PM - 7:45PM</p> <p>LES MILLS GRIT CARDIO 8:00PM - 8:30PM</p>	<p>LES MILLS BODYFLOW 5:10AM - 6:10AM</p> <p>LES MILLS GRIT STRENGTH 7:15AM - 7:45AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>YOGA 9:40AM - 10:40AM</p> <p>barre 11:00AM - 11:30AM</p> <p>LES MILLS CXWORX 12:00PM - 12:30PM</p> <p>LES MILLS BODYFLOW 3:00PM - 3:30PM</p> <p>LES MILLS GRIT CARDIO 4:30PM - 5:00PM</p> <p>LES MILLS BODYFLOW 5:30PM - 6:30PM</p> <p>LES MILLS BODYPUMP 6:30PM - 7:30PM</p>	<p>LES MILLS BODYFLOW 7:15AM - 7:45AM</p> <p>LES MILLS CXWORX 8:05AM - 8:35AM</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM</p> <p>ZUMBA 10:45AM - 11:45AM</p> <p>LES MILLS GRIT STRENGTH 12:00PM - 12:30PM</p> <p>LES MILLS SH'BAM 1:00PM - 1:45PM</p> <p>LES MILLS CXWORX 3:00PM - 3:30PM</p> <p>barre 3:35PM - 4:05PM</p> <p>LES MILLS BODYFLOW 4:15PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p>	<p>LES MILLS GRIT STRENGTH 8:15AM - 8:45AM</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM</p> <p>LES MILLS GRIT CARDIO 11:00AM - 11:30AM</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM</p> <p>LES MILLS BODYFLOW 1:00PM - 1:30PM</p> <p>LES MILLS BODYPUMP 2:45PM - 3:45PM</p> <p>LES MILLS BODYFLOW 4:45PM - 5:15PM</p>

Club 4 Fitness -Airport November Group Fitness

Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS sprint</p> <p>5:15AM - 5:45AM</p>	<p>LES MILLS RPM</p> <p>5:15AM - 6:05AM</p>	<p>LES MILLS sprint</p> <p>5:15AM - 5:45AM</p>	<p>LES MILLS RPM</p> <p>5:15AM - 6:05AM</p>	<p>LES MILLS sprint</p> <p>5:15AM - 5:45AM</p>	<p>LES MILLS sprint</p> <p>7:30AM - 8:00AM</p>	<p>LES MILLS RPM</p> <p>8:15AM - 9:05AM</p>
<p>LES MILLS sprint</p> <p>9:00AM - 9:30AM</p>	<p>LES MILLS RPM</p> <p>7:30AM - 8:20AM</p>	<p>LES MILLS RPM</p> <p>6:30AM - 7:20AM</p>	<p>LES MILLS sprint</p> <p>8:05AM - 8:35AM</p>	<p>LES MILLS sprint</p> <p>8:00AM - 8:30AM</p>	<p>LES MILLS sprint</p> <p>8:45AM - 9:15AM</p>	<p>LES MILLS sprint</p> <p>9:30AM - 10:00AM</p>
<p>LES MILLS sprint</p> <p>12:00PM - 12:30PM</p>	<p>LES MILLS RPM</p> <p>12:00PM - 12:50PM</p>	<p>LES MILLS sprint</p> <p>12:00PM - 12:30PM</p>	<p>LES MILLS RPM</p> <p>12:00PM - 12:50PM</p>	<p>LES MILLS sprint</p> <p>12:30PM - 1:00PM</p>	<p>LES MILLS RPM</p> <p>2:00PM - 2:50PM</p>	<p>LES MILLS RPM</p> <p>10:30AM - 11:20AM</p>
<p>LES MILLS RPM</p> <p>3:00PM - 3:50PM</p>	<p>LES MILLS sprint</p> <p>3:00PM - 3:30PM</p>	<p>LES MILLS RPM</p> <p>3:00PM - 3:50PM</p>	<p>LES MILLS sprint</p> <p>3:00PM - 3:30PM</p>	<p>LES MILLS sprint</p> <p>3:00PM - 3:30PM</p>	<p>LES MILLS sprint</p> <p>5:30PM - 6:00PM</p>	<p>LES MILLS sprint</p> <p>12:00PM - 12:30PM</p>
<p>LES MILLS sprint</p> <p>4:30PM - 5:00PM</p>	<p>LES MILLS sprint</p> <p>6:00PM - 7:00PM</p>	<p>LES MILLS sprint</p> <p>5:30PM - 6:00PM</p>	<p>LES MILLS sprint</p> <p>4:30PM - 5:00PM</p>	<p>LES MILLS RPM</p> <p>5:00PM - 5:50PM</p>		<p>LES MILLS RPM</p> <p>1:30PM - 2:20PM</p>
<p>LES MILLS sprint</p> <p>6:15PM - 6:45PM</p>		<p>LES MILLS RPM</p> <p>6:15PM - 7:05PM</p>				<p>LES MILLS sprint</p> <p>2:30PM - 3:00PM</p>
						<p>LES MILLS sprint</p> <p>3:55PM - 4:25PM</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.

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 | 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
sprint

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

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

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.

YOGA

Enhance your strength, balance, flexibility, and stability while finding your inner calmness and peace.

Club 4 Fitness - Airport Boulevard Group Exercise Timetable