

Club 4 Fitness - Kenner Group Exercise Timetable

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

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 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 | 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

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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

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

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.



Yoga is a program designed to connect mind and body through a series of poses that uses breathing as a tool to stretch and strengthen the body.



A Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

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