

Club4Fitness - Lafayette November Group Exercise Timetable

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



Focus on endurance, strength, intervals, high intensity and recovery. Great low impact cardio workout.

LES MILLS
barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

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.

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

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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
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.

Club4-Lafayette Group Exercise Timetable