

Schillinger-Club 4 Fitness November Group Exercise Timetable

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

Monday



12:00PM - 12:45PM
Studio 5



3:00PM - 3:50PM
Studio 4



3:00PM - 3:45PM
Studio 5



4:30PM - 5:00PM
Studio 5



5:00PM - 5:30PM
Studio 5



5:35PM - 6:25PM
Studio 4



5:35PM - 6:35PM
Studio 5



6:45PM - 7:15PM
Studio 4



6:45PM - 7:45PM
Studio 5



8:00PM - 8:45PM
Studio 5

Tuesday



12:30PM - 1:00PM
Studio 4



3:00PM - 3:30PM
Studio 4



3:00PM - 4:00PM
Studio 5



4:30PM - 5:00PM
Studio 4



4:30PM - 5:30PM
Studio 5



5:30PM - 6:30PM
Studio 5



6:15PM - 7:05PM
Studio 4



6:35PM - 7:35PM
Studio 5



7:45PM - 8:15PM
Studio 5

Wednesday



12:00PM - 12:50PM
Studio 4



12:30PM - 1:00PM
Studio 5



3:00PM - 3:50PM
Studio 4



3:00PM - 3:30PM
Studio 5



4:30PM - 5:00PM
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4:30PM - 5:30PM
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5:30PM - 6:20PM
Studio 4



5:45PM - 6:30PM
Studio 5



6:30PM - 7:30PM
Studio 5



6:45PM - 7:15PM
Studio 4

Thursday



12:00PM - 12:30PM
Studio 5



3:00PM - 3:30PM
Studio 4



3:00PM - 4:00PM
Studio 5



4:30PM - 5:20PM
Studio 4



4:55PM - 5:25PM
Studio 5



5:35PM - 6:35PM
Studio 5



6:45PM - 7:15PM
Studio 4



6:45PM - 7:30PM
Studio 5



7:55PM - 8:25PM
Studio 5

Friday



3:00PM - 3:50PM
Studio 4



3:00PM - 3:30PM
Studio 5



4:30PM - 5:00PM
Studio 4



4:30PM - 5:30PM
Studio 5



5:30PM - 6:20PM
Studio 4



5:45PM - 6:15PM
Studio 5



6:30PM - 7:15PM
Studio 5



6:45PM - 7:15PM
Studio 4

Saturday



5:30PM - 6:15PM
Studio 5



5:00PM - 5:30PM
Studio 4

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
POUND

POUND is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

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.



Step is an aerobic workout that uses basic step moves and athletic training to lift your heart rate, shape your legs and body, and have a fun

time.

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

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

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**

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
RPM

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

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

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.

Club 4 Fitness - Schillinger Group Exercise Timetable