

Club 4 Fitness - Highland Court Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:00AM - 6:00AM Group Studio	LES MILLS RPM 5:00AM - 5:45AM Cycle Studio	STEP 5:00AM - 6:00AM Group Studio	LES MILLS GRIT STRENGTH 5:00AM - 5:30AM Group Studio	LES MILLS RPM 5:00AM - 5:45AM Cycle Studio	LES MILLS GRIT CARDIO 7:00AM - 7:30AM Group Studio	LES MILLS BODYCOMBAT 8:00AM - 8:45AM Group Studio
LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Group Studio	LES MILLS BODYCOMBAT 5:00AM - 5:45AM Group Studio	LES MILLS GRIT PLYO 8:15AM - 8:45AM Group Studio	LES MILLS CXWORX 5:35AM - 6:05AM Group Studio	LES MILLS BODYPUMP 5:00AM - 5:45AM Group Studio	LES MILLS BODYATTACK 8:00AM - 8:45AM Group Studio	LES MILLS BODYPUMP 9:00AM - 10:00AM Group Studio
CYCLE 8:50AM - 9:35AM Cycle Studio	LES MILLS BODYPUMP 6:15AM - 7:15AM Group Studio	STEP EXPRESS 8:50AM - 9:30AM Group Studio	LES MILLS BODYFLOW 8:00AM - 8:45AM Group Studio	LES MILLS GRIT CARDIO 8:15AM - 8:45AM Group Studio	LES MILLS BODYPUMP 8:50AM - 9:50AM Group Studio	LES MILLS barre 12:00PM - 12:30PM Group Studio
LES MILLS CXWORX 8:50AM - 9:20AM Group Studio	CYCLE 8:00AM - 8:45AM Cycle Studio	LES MILLS BODYFLOW 9:35AM - 10:20AM Group Studio	LES MILLS RPM 8:00AM - 8:45AM Cycle Studio	LES MILLS BODYCOMBAT 8:50AM - 9:20AM Group Studio	LES MILLS BODYFLOW 10:15AM - 11:00AM Group Studio	LES MILLS SH'BAM 2:00PM - 2:45PM Group Studio
Yoga 9:35AM - 10:35AM Group Studio	LES MILLS barre 8:00AM - 8:30AM Group Studio	LES MILLS CXWORX 11:30AM - 12:00PM Group Studio	LES MILLS BODYPUMP 8:50AM - 9:50AM Group Studio	Yoga 9:35AM - 10:35AM Group Studio	LES MILLS BODYCOMBAT 3:30PM - 4:15PM Group Studio	LES MILLS BODYFLOW 3:00PM - 3:45PM Group Studio
LES MILLS BODYPUMP 11:30AM - 12:30PM Group Studio	LES MILLS BODYPUMP 8:50AM - 9:50AM Group Studio	LES MILLS CXWORX 5:00PM - 5:30PM Group Studio	LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Group Studio	LES MILLS barre 11:30AM - 12:00PM Group Studio	LES MILLS BODYPUMP 4:30PM - 5:30PM Group Studio	
LES MILLS barre 4:00PM - 4:30PM Group Studio	LES MILLS barre 12:00PM - 12:30PM Group Studio	LES MILLS BODYPUMP 6:00PM - 7:00PM Group Studio	LES MILLS BODYCOMBAT 4:15PM - 5:00PM Group Studio	LES MILLS CXWORX 3:30PM - 4:00PM Group Studio		
LES MILLS GRIT STRENGTH 5:00PM - 5:30PM Group Studio	LES MILLS BODYPUMP 4:15PM - 5:00PM Group Studio	LES MILLS CXWORX 7:05PM - 7:35PM Group Studio	LES MILLS BODYATTACK 5:15PM - 6:00PM Group Studio	LES MILLS BODYCOMBAT 4:30PM - 5:15PM Group Studio		
LES MILLS BODYPUMP 5:45PM - 6:45PM Group Studio	LES MILLS BODYFLOW 5:15PM - 6:00PM Group Studio		LES MILLS barre 6:40PM - 7:10PM Group Studio	LES MILLS barre 5:35PM - 6:05PM Group Studio		
LES MILLS RPM 6:00PM - 6:45PM Cycle Studio	LES MILLS SH'BAM 6:05PM - 6:50PM Group Studio			LES MILLS BODYCOMBAT 6:45PM - 7:30PM Group Studio		
LES MILLS BODYFLOW 7:00PM - 8:00PM Group Studio	LES MILLS GRIT STRENGTH 7:00PM - 7:30PM Group Studio					

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 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 | 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 | PLYO

LES MILLS GRIT™ Plyo is a 30 minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

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

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

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

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

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

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