

Hillcrest- Club 4 Fitness January Group Exercise Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p> <p>LES MILLS sprint 4:30PM - 5:30PM Studio 2</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p>LES MILLS RPM 6:30PM - 7:20PM Studio 2</p> <p>LES MILLS BODYFLOW 6:40PM - 7:40PM Studio 1</p> <p>LES MILLS sprint 8:00PM - 8:30PM Studio 2</p>	<p>LES MILLS sprint 5:00PM - 5:30PM Studio 2</p> <p>Yoga 5:30PM - 6:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 6:45PM - 7:30PM Studio 1</p> <p>LES MILLS RPM 7:00PM - 7:50PM Studio 2</p> <p>LES MILLS GRIT STRENGTH 8:00PM - 8:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 4:45PM - 5:15PM Studio 1</p> <p>Barre 5:30PM - 6:15PM Studio 1</p> <p>LES MILLS sprint 6:15PM - 6:45PM Studio 2</p> <p>LES MILLS BODYPUMP 6:25PM - 7:25PM Studio 1</p>	<p>LES MILLS RPM 4:00PM - 4:50PM Studio 2</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Studio 1</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio 2</p> <p>LES MILLS BODYATTACK 5:35PM - 6:35PM Studio 1</p> <p>LES MILLS BODYFLOW 6:45PM - 7:45PM Studio 1</p> <p>LES MILLS GRIT CARDIO 8:00PM - 8:30PM Studio 1</p>	<p>LES MILLS RPM 5:00PM - 5:50PM Studio 2</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:00PM Studio 1</p>	<p>LES MILLS sprint 5:00PM - 5:30PM Studio 2</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</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
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



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

LES MILLS
sprint

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

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

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

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

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

Vinyasa Yoga with breathing and meditation to help you move through the poses.

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January Group Exercise Timetable