
























Club 4 Fitness - Lake Charles January Group Exercise Timetable

Group Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:15AM - 6:15AM	 LES MILLS BODYCOMBAT 5:15AM - 6:15AM	LES MILLS BODYPUMP 5:15AM - 6:15AM	LES MILLS BODYPUMP 5:15AM - 6:15AM	 LES MILLS barre 5:15AM - 5:45AM	LES MILLS BODYPUMP 8:30AM - 9:30AM	 LES MILLS BODYPUMP 8:00AM - 9:00AM
LES MILLS BODYPUMP 8:30AM - 9:30AM	 LES MILLS barre 8:00AM - 8:30AM	LES MILLS BODYPUMP 8:30AM - 9:00AM	 LES MILLS BODYCOMBAT 8:30AM - 9:30AM	 LES MILLS BODYFLOW 5:50AM - 6:20AM	LES MILLS BODYFLOW 9:40AM - 10:40AM	 LES MILLS BODYCOMBAT 11:00AM - 11:30AM
 LES MILLS CXWORX 9:40AM - 10:10AM	 LES MILLS BODYFLOW 8:35AM - 9:05AM	LES MILLS CXWORX 9:10AM - 9:40AM	 LES MILLS CXWORX 12:15PM - 12:45PM	LES MILLS BODYPUMP 8:30AM - 9:30AM	 LES MILLS BODYCOMBAT 1:00PM - 2:00PM	 LES MILLS CXWORX 11:45AM - 12:15PM
 LES MILLS BODYPUMP 12:15PM - 12:45PM	 LES MILLS GRIT STRENGTH 5:30PM - 6:00PM	 LES MILLS barre 11:30AM - 12:00PM	 LES MILLS BODYPUMP 5:30PM - 6:30PM	LES MILLS CXWORX 9:40AM - 10:10AM		 LES MILLS SH'BAM 5:30PM - 6:15PM
LES MILLS BODYPUMP 5:30PM - 6:30PM	 LES MILLS CXWORX 6:15PM - 6:45PM	LES MILLS BODYPUMP 5:30PM - 6:30PM	LES MILLS BODYFLOW  6:45PM - 7:45PM	 LES MILLS BODYCOMBAT 12:15PM - 1:15PM		
LES MILLS BODYFLOW 6:40PM - 7:40PM	 LES MILLS barre 7:00PM - 7:30PM	 LES MILLS BODYCOMBAT 6:45PM - 7:45PM		 LES MILLS SH'BAM 5:30PM - 6:15PM		

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
barre

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

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

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
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.

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