



























Club 4 Fitness - Lake Harbour Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE 5:15AM - 6:00AM Cycle Studio	 LES MILLS sprint 5:15AM - 5:45AM Cycle Studio	CYCLE 5:15AM - 6:00AM Cycle Studio	 LES MILLS sprint 5:15AM - 5:45AM Cycle Studio	CYCLE 5:15AM - 6:00AM Cycle Studio	CYCLE 8:15AM - 9:00AM Cycle Studio	 LES MILLS GRIT CARDIO 12:00PM - 12:30PM Group Fitness Studio
LES MILLS BODYPUMP 6:00AM - 7:00AM Group Fitness Studio	 LES MILLS CXWORX 5:50AM - 6:20AM Group Fitness Studio	LES MILLS BODYPUMP 6:00AM - 7:00AM Group Fitness Studio	 LES MILLS CXWORX 5:50AM - 6:20AM Group Fitness Studio	LES MILLS BODYPUMP 6:00AM - 7:00AM Group Fitness Studio	LES MILLS BODYPUMP 9:05AM - 10:05AM Group Fitness Studio	 LES MILLS RPM 12:35PM - 1:05PM Cycle Studio
CYCLE 8:00AM - 8:45AM Cycle Studio	 LES MILLS BODYCOMBAT 8:15AM - 9:00AM Group Fitness Studio	 LES MILLS CXWORX 8:00AM - 8:30AM Group Fitness Studio	 LES MILLS BODYCOMBAT 8:15AM - 9:00AM Group Fitness Studio	STEP 8:00AM - 8:45AM Group Fitness Studio	 LES MILLS sprint 12:00PM - 12:30PM Cycle Studio	 LES MILLS BODYPUMP 3:00PM - 3:45PM Group Fitness Studio
LES MILLS BODYPUMP 8:50AM - 9:50AM Group Fitness Studio	LES MILLS sprint 8:15AM - 8:45AM Cycle Studio	CLUB DANCE 8:45AM - 9:30AM Group Fitness Studio	LES MILLS RPM 8:15AM - 9:05AM Cycle Studio	LES MILLS BODYPUMP 8:50AM - 9:50AM Group Fitness Studio	 LES MILLS GRIT STRENGTH 12:35PM - 1:05PM Group Fitness Studio	YOGA 4:00PM - 5:00PM Group Fitness Studio
LES MILLS BODYFLOW 9:55AM - 10:55AM Group Fitness Studio	LES MILLS BODYATTACK 9:05AM - 10:05AM Group Fitness Studio	Barre 9:45AM - 10:30AM Group Fitness Studio	LES MILLS CXWORX 9:15AM - 9:45AM Group Fitness Studio	 LES MILLS BODYFLOW 10:00AM - 11:00AM Group Fitness Studio		
 LES MILLS BODYPUMP 12:15PM - 12:45PM Group Fitness Studio	Mat Pilates 9:15AM - 10:00AM Mind/Body Studio	 LES MILLS BODYPUMP 12:15PM - 12:45PM Group Fitness Studio	 LES MILLS BODYPUMP 4:30PM - 5:30PM Group Fitness Studio			
 LES MILLS CXWORX 3:30PM - 4:00PM Group Fitness Studio	 LES MILLS CXWORX 12:15PM - 12:45PM Group Fitness Studio	 LES MILLS BODYPUMP 3:30PM - 4:00PM Group Fitness Studio	LES MILLS BODYCOMBAT 5:35PM - 6:20PM Group Fitness Studio			
CLUB DANCE 4:30PM - 5:15PM Group Fitness Studio	 LES MILLS BODYCOMBAT 3:30PM - 4:00PM Group Fitness Studio	 LES MILLS RPM 4:00PM - 4:50PM Cycle Studio	LES MILLS sprint 5:45PM - 6:15PM Cycle Studio			
 LES MILLS sprint 5:00PM - 5:30PM Cycle Studio	 LES MILLS sprint 4:00PM - 4:30PM Cycle Studio	 LES MILLS sprint 5:00PM - 5:30PM Cycle Studio	 LES MILLS CXWORX 6:30PM - 7:00PM Group Fitness Studio			
LES MILLS BODYPUMP 5:35PM - 6:35PM Group Fitness Studio	LES MILLS BODYPUMP 4:30PM - 5:30PM Group Fitness Studio	LES MILLS BODYPUMP 5:35PM - 6:35PM Group Fitness Studio				
STEP 6:40PM - 7:40PM Group Fitness Studio	 LES MILLS BODYFLOW 5:40PM - 6:25PM Group Fitness Studio					
	LES MILLS RPM 5:45PM - 6:35PM Cycle Studio					