

Club 4 Fitness Longview Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> ATHLETIC</p> <p>6:00AM - 6:30AM Studio Fitness</p>	<p> RPM</p> <p>6:40AM - 7:30AM Cycle Studio</p>	<p> BODYPUMP</p> <p>6:30AM - 7:30AM Studio Fitness</p>	<p> STRENGTH</p> <p>6:05AM - 6:35AM Studio Fitness</p>	<p> BODYPUMP</p> <p>5:30AM - 6:30AM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>8:25AM - 9:25AM Studio Fitness</p>	<p> BODYPUMP</p> <p>8:30AM - 9:30AM Studio Fitness</p>
<p> BODYCOMBAT</p> <p>8:30AM - 9:30AM Studio Fitness</p>	<p> CXWORX</p> <p>8:30AM - 9:00AM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>8:30AM - 9:30AM Studio Fitness</p>	<p> sprint</p> <p>8:30AM - 9:00AM Cycle Studio</p>	<p> RPM</p> <p>6:35AM - 7:25AM Cycle Studio</p>	<p> BODYPUMP</p> <p>9:30AM - 10:30AM Studio Fitness</p>	<p> CXWORX</p> <p>9:40AM - 10:10AM Studio Fitness</p>
<p> STRENGTH</p> <p>9:35AM - 10:05AM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>9:30AM - 10:30AM Studio Fitness</p>	<p> BODYPUMP</p> <p>9:35AM - 10:35AM Studio Fitness</p>	<p> CXWORX</p> <p>8:30AM - 9:00AM Studio Fitness</p>	<p></p> <p>8:30AM - 9:30AM Studio Fitness</p>	<p> BODYFLOW</p> <p>10:35AM - 11:35AM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>10:30AM - 11:30AM Studio Fitness</p>
<p> sprint</p> <p>10:10AM - 10:40AM Cycle Studio</p>	<p> sprint</p> <p>11:00AM - 11:30AM Cycle Studio</p>	<p> sprint</p> <p>10:40AM - 11:40AM Cycle Studio</p>	<p> BODYPUMP</p> <p>9:30AM - 10:30AM Studio Fitness</p>	<p> RPM</p> <p>10:40AM - 11:30AM Cycle Studio</p>	<p> CXWORX</p> <p>11:40AM - 12:10PM Studio Fitness</p>	<p> CXWORX</p> <p>12:30PM - 1:00PM Studio Fitness</p>
<p></p> <p>10:40AM - 11:40AM Studio Fitness</p>	<p> BODYPUMP</p> <p>11:35AM - 12:05PM Studio Fitness</p>	<p> RPM</p> <p>12:00PM - 12:50PM Cycle Studio</p>	<p> RPM</p> <p>10:15AM - 11:05AM Cycle Studio</p>	<p> CXWORX</p> <p>12:00PM - 12:30PM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>1:00PM - 2:00PM Studio Fitness</p>	<p> BODYFLOW</p> <p>1:05PM - 2:05PM Studio Fitness</p>
<p> BODYPUMP</p> <p>12:00PM - 1:00PM Studio Fitness</p>	<p> CXWORX</p> <p>12:30PM - 1:00PM Studio Fitness</p>	<p> STRENGTH</p> <p>1:00PM - 1:30PM Studio Fitness</p>	<p></p> <p>10:35AM - 11:35AM Studio Fitness</p>	<p> BODYPUMP</p> <p>1:15PM - 2:15PM Studio Fitness</p>	<p> SH'BAM</p> <p>2:05PM - 2:50PM Studio Fitness</p>	<p> sprint</p> <p>2:10PM - 2:40PM Cycle Studio</p>
<p> CXWORX</p> <p>1:30PM - 2:00PM Studio Fitness</p>	<p> sprint</p> <p>1:00PM - 1:30PM Cycle Studio</p>	<p> CARDIO</p> <p>1:35PM - 2:05PM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>12:00PM - 1:00PM Studio Fitness</p>	<p> BODYCOMBAT</p> <p>4:30PM - 5:30PM Studio Fitness</p>	<p> RPM</p> <p>3:00PM - 3:50PM Cycle Studio</p>	
<p> BODYCOMBAT</p> <p>4:30PM - 5:30PM Studio Fitness</p>	<p> BODYPUMP</p> <p>2:00PM - 3:00PM Studio Fitness</p>	<p></p> <p>4:30PM - 5:30PM Studio Fitness</p>	<p> sprint</p> <p>1:30PM - 2:00PM Cycle Studio</p>	<p> BODYPUMP</p> <p>5:35PM - 6:35PM Studio Fitness</p>		
<p> BODYPUMP</p> <p>5:35PM - 6:35PM Studio Fitness</p>	<p> BODYPUMP</p> <p>4:20PM - 5:20PM Studio Fitness</p>	<p> CXWORX</p> <p>6:40PM - 7:10PM Studio Fitness</p>	<p> RPM</p> <p>4:30PM - 5:20PM Cycle Studio</p>	<p> sprint</p> <p>6:40PM - 7:10PM Cycle Studio</p>		
<p> CXWORX</p> <p>6:40PM - 7:10PM Studio Fitness</p>	<p> CARDIO</p> <p>5:30PM - 6:00PM Studio Fitness</p>	<p> sprint</p> <p>7:20PM - 7:50PM Cycle Studio</p>	<p></p> <p>5:30PM - 6:30PM Studio Fitness</p>			
<p> sprint</p> <p>7:20PM - 7:50PM Cycle Studio</p>	<p> CXWORX</p> <p>6:05PM - 6:35PM Studio Fitness</p>		<p> BODYFLOW</p> <p>6:35PM - 7:20PM Studio Fitness</p>			
	<p> RPM</p> <p>6:40PM - 7:30PM Cycle Studio</p>		<p> CARDIO</p> <p>7:30PM - 8:00PM Studio Fitness</p>			

Club 4 Fitness Longview Group Fitness Classes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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
sprint

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



ZUMBA - Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

Group Fitness Classes

Studio Classes