






































































Club 4 Fitness - McKinney Studio Fitness- January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio	 LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio	 LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio	 LES MILLS sprint 5:30AM - 6:00AM Cycle Studio	 LES MILLS BODYCOMBAT 5:30AM - 6:30AM Group Studio	 LES MILLS sprint 6:00AM - 6:30AM Cycle Studio	 LES MILLS CXWORX 7:00AM - 7:30AM Group Studio
 LES MILLS BODYFLOW 6:35AM - 7:35AM Group Studio	 LES MILLS CXWORX 8:30AM - 9:00AM Group Studio	 LES MILLS BODYCOMBAT 6:35AM - 7:35AM Group Studio	 STRENGTH LES MILLS GRIT 6:30AM - 7:00AM Group Studio	 LES MILLS RPM 6:35AM - 7:25AM Cycle Studio	 LES MILLS BODYPUMP 7:00AM - 8:00AM Group Studio	 LES MILLS sprint 9:00AM - 9:30AM Cycle Studio
 9:00AM - 9:30AM Club360 Studio	 9:35AM - 10:20AM Group Studio	 tone 9:30AM - 10:30AM Group Studio	 LES MILLS BODYPUMP 9:30AM - 10:30AM Group Studio	 7:30AM - 8:00AM Club360 Studio	 LES MILLS RPM 8:40AM - 9:25AM Cycle Studio	 LES MILLS BODYCOMBAT 9:30AM - 10:30AM Group Studio
 LES MILLS BODYCOMBAT 9:30AM - 10:30AM Group Studio	 10:00AM - 10:30AM Club360 Studio	 LES MILLS sprint 10:35AM - 11:05AM Cycle Studio	 9:30AM - 10:00AM Club360 Studio	 LES MILLS sprint 9:00AM - 9:30AM Cycle Studio	 9:30AM - 10:00AM Club360 Studio	 LES MILLS BODYPUMP 10:35AM - 11:35AM Group Studio
 LES MILLS BODYPUMP 10:35AM - 11:35AM Group Studio	 Yoga 10:30AM - 11:30AM Group Studio	 STRENGTH LES MILLS GRIT 12:00PM - 12:30PM Group Studio	 10:35AM - 11:35AM Group Studio	 LES MILLS BODYCOMBAT 9:35AM - 10:35AM Group Studio	 LES MILLS BODYPUMP 9:30AM - 10:30AM Group Studio	 LES MILLS sprint 11:40AM - 12:10PM Cycle Studio
 LES MILLS CXWORX 12:00PM - 12:30PM Group Studio	 LES MILLS sprint 12:00PM - 12:30PM Cycle Studio	 12:00PM - 12:30PM Club360 Studio	 LES MILLS sprint 4:00PM - 4:30PM Cycle Studio	 LES MILLS BODYPUMP 10:40AM - 11:40AM Group Studio	 LES MILLS BODYCOMBAT 10:35AM - 11:35AM Group Studio	 LES MILLS BODYFLOW 1:00PM - 2:00PM Group Studio
 LES MILLS RPM 4:30PM - 5:15PM Cycle Studio	 LES MILLS BODYPUMP 4:30PM - 5:30PM Group Studio	 4:00PM - 4:30PM Club360 Studio	 LES MILLS BODYPUMP EXPRESS 4:30PM - 5:00PM Group Studio	 LES MILLS barre 11:40AM - 12:10PM Group Studio	 LES MILLS RPM 11:40AM - 12:30PM Cycle Studio	 LES MILLS sprint 3:00PM - 3:30PM Cycle Studio
 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 5:00PM - 5:30PM Club360 Studio	 LES MILLS BODYCOMBAT 4:30PM - 5:30PM Group Studio	 LES MILLS CXWORX 5:05PM - 5:35PM Group Studio	 4:30PM - 5:00PM Club360 Studio	 STRENGTH LES MILLS GRIT 1:00PM - 1:30PM Group Studio	 STRENGTH LES MILLS GRIT 4:05PM - 4:35PM Group Studio
 6:00PM - 6:30PM Club360 Studio	 LES MILLS BODYCOMBAT 5:35PM - 6:35PM Group Studio	 LES MILLS BODYPUMP 5:35PM - 6:35PM Group Studio	 5:30PM - 6:00PM Club360 Studio	 LES MILLS BODYCOMBAT 4:30PM - 5:30PM Group Studio	 LES MILLS BODYFLOW 3:30PM - 4:30PM Group Studio	
 6:35PM - 7:35PM Group Studio	 STRENGTH LES MILLS GRIT 6:40PM - 7:10PM Group Studio	 LES MILLS barre 6:45PM - 7:15PM Group Studio	 LES MILLS BODYCOMBAT 5:40PM - 6:40PM Group Studio	 LES MILLS CXWORX 5:35PM - 6:05PM Group Studio	 LES MILLS RPM 5:30PM - 6:20PM Cycle Studio	
 LES MILLS CXWORX 7:45PM - 8:15PM Group Studio	 CARDIO LES MILLS GRIT 7:15PM - 7:45PM Group Studio	 LES MILLS SH'BAM 8:00PM - 8:45PM Group Studio	 6:45PM - 7:45PM Group Studio	 STRENGTH LES MILLS GRIT 6:10PM - 6:40PM Group Studio		
				 LES MILLS RPM 6:45PM - 7:35PM Cycle Studio		

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 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.



HIGH fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks.

LES MILLS tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

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 sprint

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



TABATA 360 - PREMIUM PLUS Tabata 360 is our widely popular 30 minute total body functional training class. Each movement is carefully designed to keep you moving, maximize your time, give you ample recovery and real 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

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

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS GRIT | STRENGTH

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

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

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.



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

Club 4 Fitness - McKinney Studio Fitness Schedule