

Club 4 Fitness - Tillman's Corner January Group Exercise Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|--|
| <p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS RPM 7:00AM - 7:50AM Cycle</p> <p> LES MILLS BODYPUMP 8:15AM - 9:00AM Studio/Group</p> <p> LES MILLS sprint 9:10AM - 9:40AM Cycle</p> <p> LES MILLS CXWORX 9:45AM - 10:15AM Studio/Group</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> LES MILLS barre 2:00PM - 2:30PM Studio/Group</p> <p> LES MILLS BODYATTACK 4:30PM - 5:30PM Studio/Group</p> <p> LES MILLS RPM 5:00PM - 5:50PM Cycle</p> <p> LES MILLS GRIT STRENGTH 5:40PM - 6:10PM Studio/Group</p> <p> LES MILLS BODYPUMP 6:20PM - 7:05PM Studio/Group</p> | <p> LES MILLS BODYCOMBAT 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p> LES MILLS sprint 8:00AM - 8:30AM Cycle</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio/Group</p> <p>Barre Pilates Combo 9:40AM - 10:40AM Studio/Group</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS BODYPUMP 4:00PM - 4:45PM Studio/Group</p> <p> ZUMBA 5:00PM - 6:00PM Studio/Group</p> <p> LES MILLS CXWORX 6:05PM - 6:35PM Studio/Group</p> <p> LES MILLS sprint 6:45PM - 7:15PM Cycle</p> | <p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS RPM 8:00AM - 8:50AM Cycle</p> <p> WESQ 8:30AM - 9:30AM Studio/Group</p> <p> LES MILLS BODYFLOW 9:45AM - 10:45AM Studio/Group</p> <p> LES MILLS RPM 10:00AM - 10:50AM Cycle</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p> LES MILLS BODYFLOW 4:30PM - 5:00PM Studio/Group</p> <p> LES MILLS RPM 5:15PM - 6:15PM Cycle</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio/Group</p> | <p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM Studio/Group</p> <p> LES MILLS sprint 8:00AM - 8:30AM Cycle</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio/Group</p> <p> LES MILLS RPM 9:30AM - 10:30AM Cycle</p> <p> LES MILLS BODYFLOW 10:15AM - 11:15AM Studio/Group</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS CXWORX 12:30PM - 1:00PM Studio/Group</p> <p> LES MILLS BODYPUMP 2:30PM - 3:30PM Studio/Group</p> <p> ZUMBA 4:30PM - 5:30PM Studio/Group</p> <p> LES MILLS BODYPUMP 5:35PM - 6:35PM Studio/Group</p> <p> LES MILLS sprint 6:35PM - 7:05PM Cycle</p> | <p> LES MILLS CXWORX 5:15AM - 5:45AM Studio/Group</p> <p> LES MILLS sprint 5:45AM - 6:15AM Cycle</p> <p> LES MILLS BODYCOMBAT 8:15AM - 9:15AM Studio/Group</p> <p> LES MILLS CXWORX 9:25AM - 9:55AM Studio/Group</p> <p> LES MILLS BODYPUMP 4:00PM - 5:00PM Studio/Group</p> <p> LES MILLS RPM 4:30PM - 5:20PM Cycle</p> <p> LES MILLS BODYFLOW 5:15PM - 5:45PM Studio/Group</p> | <p> LES MILLS sprint 7:10AM - 7:40AM Cycle</p> <p> LES MILLS BODYPUMP 8:05AM - 9:05AM Studio/Group</p> <p>CARDIO ROTATION 9:05AM - 10:05AM Studio/Group</p> <p> LES MILLS BODYFLOW 10:15AM - 11:15AM Studio/Group</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio/Group</p> <p> LES MILLS BODYFLOW 3:40PM - 4:10PM Studio/Group</p> | <p> LES MILLS BODYFLOW 8:45AM - 9:45AM Studio/Group</p> <p> LES MILLS barre 9:50AM - 10:20AM Studio/Group</p> <p> LES MILLS sprint 10:15AM - 10:45AM Cycle</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS GRIT STRENGTH 1:00PM - 1:30PM Studio/Group</p> <p> LES MILLS CXWORX 1:50PM - 2:20PM Studio/Group</p> <p> LES MILLS BODYFLOW 2:30PM - 3:30PM Studio/Group</p> <p> LES MILLS sprint 3:45PM - 4:15PM Cycle</p> |

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



7:15PM - 7:45PM
Cycle



7:15PM - 7:45PM
Studio/Group

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
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
POUND

POUND is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

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.

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

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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

Learn the basic moves and format of a LES MILLS RPM 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.



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.

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