

# Club 4 Fitness - Coppell Group Exercise May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio 1</p> <p> <b>LES MILLS RPM</b> 8:30AM - 9:20AM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:30AM - 10:30AM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 10:35AM - 11:35AM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 12:30PM - 1:30PM Studio 1</p> <p> <b>ZUMBA</b> 4:30PM - 5:30PM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM Studio 1</p> <p> <b>barre</b> 6:40PM - 7:10PM Studio 1</p> <p> <b>LES MILLS sprint</b> 6:40PM - 7:40PM Cycle</p>	<p> <b>LES MILLS sprint</b> 5:30AM - 6:00AM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Studio 1</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 8:30AM - 9:00AM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:30AM - 10:30AM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 10:35AM - 11:35AM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 12:30PM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:30PM Studio 1</p> <p> <b>BOLLY</b> 5:35PM - 6:35PM Studio 1</p> <p> <b>Om</b> 6:40PM - 7:40PM Studio 1</p>	<p> <b>LES MILLS GRIT   STRENGTH</b> 5:30AM - 6:00AM Studio 1</p> <p> <b>LES MILLS CORE</b> 6:05AM - 6:50AM Studio 1</p> <p> <b>LES MILLS sprint</b> 8:30AM - 9:00AM Cycle</p> <p> <b>LES MILLS BODYPUMP</b> 9:30AM - 10:30AM Studio 1</p> <p> <b>barre</b> 10:35AM - 11:05AM Studio 1</p> <p> <b>LES MILLS RPM</b> 12:00PM - 12:50PM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 5:30PM - 6:30PM Studio 1</p> <p> <b>ZUMBA</b> 6:35PM - 7:35PM Studio 1</p>	<p> <b>LES MILLS RPM</b> 5:30AM - 6:20AM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 8:25AM - 9:25AM Studio 1</p> <p> <b>LES MILLS SH'BAM</b> 9:30AM - 10:30AM Studio 1</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 10:30AM - 11:00AM Studio 1</p> <p> <b>LES MILLS sprint</b> 12:00PM - 12:30PM Cycle</p> <p> <b>LES MILLS RPM</b> 4:30PM - 5:20PM Cycle</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:35PM - 7:35PM Studio 1</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio 1</p> <p> <b>LES MILLS RPM</b> 8:30AM - 9:20AM Cycle</p> <p> <b>LES MILLS BODYPUMP</b> 9:30AM - 10:30AM Studio 1</p> <p> <b>BOLLY</b> 10:35AM - 11:35AM Studio 1</p> <p> <b>LES MILLS GRIT   ATHLETIC</b> 12:30PM - 1:00PM Studio 1</p> <p> <b>LES MILLS CORE</b> 1:05PM - 1:50PM Studio 1</p> <p> <b>LES MILLS sprint</b> 4:30PM - 5:00PM Cycle</p> <p> <b>LES MILLS GRIT   ATHLETIC</b> 5:30PM - 6:00PM Studio 1</p> <p> <b>LES MILLS CORE</b> 6:05PM - 6:50PM Studio 1</p> <p> <b>LES MILLS BODYFLOW</b> 7:00PM - 8:00PM Studio 1</p>	<p> <b>LES MILLS sprint</b> 7:45AM - 8:15AM Cycle</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:35AM - 10:35AM Studio 1</p> <p> <b>LES MILLS CORE</b> 10:40AM - 11:10AM Studio 1</p> <p> <b>ZUMBA</b> 11:20AM - 12:20PM Studio 1</p> <p> <b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycle</p> <p> <b>LES MILLS BODYCOMBAT</b> 5:00PM - 6:00PM Studio 1</p> <p> <b>LES MILLS BODYFLOW</b> 6:05PM - 7:05PM Studio 1</p>	<p> <b>LES MILLS BODYCOMBAT</b> 8:30AM - 9:30AM Studio 1</p> <p> <b>LES MILLS SH'BAM</b> 9:35AM - 10:20AM Studio 1</p> <p> <b>Om</b> 10:30AM - 11:30AM Studio 1</p> <p> <b>LES MILLS RPM</b> 11:05AM - 11:55AM Cycle</p> <p> <b>LES MILLS sprint</b> 4:30PM - 5:00PM Cycle</p> <p> <b>LES MILLS GRIT   CARDIO</b> 5:30PM - 6:00PM Studio 1</p> <p> <b>LES MILLS BODYPUMP</b> 6:05PM - 7:05PM Studio 1</p>

## 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.

## BOLLY X

BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music from around the world.

## LES MILLS SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

## 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

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

## LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

## LES MILLS BODYPUMP

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

## LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

## LES MILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

## LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

## LES MILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

## LES MILLS RPM

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

## 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.



Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation

## ZUMBA

Zumba is one of the most fun and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level



**Club 4 Fitness - Coppell**  
Group Exercise Timetable