





















# Club 4 Fitness - Gulfport May Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 5:05AM - 5:50AM Studio Fitness</p> <p><b>LES MILLS SH'BAM</b> 6:00AM - 6:45AM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 7:00AM - 8:00AM Studio Fitness</p> <p> 7:30AM - 8:00AM Premium Plus</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p><b>LES MILLS barre</b> 9:45AM - 10:15AM Studio Fitness</p> <p> 10:00AM - 11:00AM Premium Plus</p> <p><b>LES MILLS GRIT   CARDIO</b> 11:15AM - 11:45AM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 1:00PM - 2:00PM Studio Fitness</p> <p><b>LES MILLS BODYFLOW</b> 2:30PM - 3:30PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p>	<p><b>LES MILLS sprint</b> 5:05AM - 5:35AM Studio Fitness</p> <p><b>Yoga</b> 6:00AM - 7:00AM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 7:10AM - 7:40AM Studio Fitness</p> <p> 8:30AM - 9:30AM Studio Fitness</p> <p><b>LES MILLS BODYPUMP</b> 9:30AM - 10:00AM Premium Plus</p> <p><b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM Studio Fitness</p> <p><b>LES MILLS sprint</b> 12:15PM - 12:45PM Studio Fitness</p> <p><b>LES MILLS CORE</b> 3:15PM - 3:45PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p> <p> 4:30PM - 5:15PM Studio Fitness</p> <p><b>LES MILLS sprint</b> 5:30PM - 6:00PM Studio Fitness</p> <p> 6:00PM - 7:00PM Premium Plus</p>	<p><b>LES MILLS BODYPUMP</b> 5:05AM - 6:05AM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:00AM Studio Fitness</p> <p> 7:30AM - 8:00AM Premium Plus</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p><b>LES MILLS BODYFLOW</b> 9:45AM - 10:45AM Studio Fitness</p> <p><b>LES MILLS GRIT   STRENGTH</b> 11:15AM - 11:45AM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 1:00PM - 1:45PM Studio Fitness</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Studio Fitness</p> <p><b>LES MILLS sprint</b> 4:30PM - 5:00PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio Fitness</p>	<p><b>LES MILLS BODYATTACK</b> 5:05AM - 5:50AM Studio Fitness</p> <p><b>Yoga</b> 6:00AM - 7:00AM Studio Fitness</p> <p><b>LES MILLS BODYPUMP</b> 7:15AM - 8:15AM Studio Fitness</p> <p> 7:30AM - 8:00AM Premium Plus</p> <p> 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:30AM Premium Plus</p> <p><b>LES MILLS RPM</b> 12:15PM - 1:05PM Studio Fitness</p> <p><b>LES MILLS SH'BAM</b> 3:15PM - 4:00PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p> <p><b>RIPPED</b> 4:30PM - 5:00PM Studio Fitness</p> <p> 5:30PM - 6:00PM Premium Plus</p> <p> 5:30PM - 6:00PM Studio Fitness</p>	<p><b>LES MILLS BODYPUMP</b> 5:05AM - 5:35AM Studio Fitness</p> <p><b>LES MILLS CORE</b> 5:40AM - 6:10AM Studio Fitness</p> <p> 7:30AM - 8:30AM Premium Plus</p> <p><b>LES MILLS BODYFLOW</b> 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p><b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM Studio Fitness</p> <p> 10:00AM - 11:00AM Premium Plus</p> <p><b>LES MILLS SH'BAM</b> 12:00PM - 12:45PM Studio Fitness</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:15PM - 4:45PM Studio Fitness</p> <p><b>Spin</b> 5:30PM - 6:00PM Studio Fitness</p> <p><b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:15PM Studio Fitness</p>	<p><b>LES MILLS BODYFLOW</b> 7:05AM - 8:05AM Studio Fitness</p> <p><b>LES MILLS sprint</b> 8:15AM - 8:45AM Studio Fitness</p> <p> 9:00AM - 9:30AM Studio Fitness</p> <p><b>LES MILLS CORE</b> 9:30AM - 10:00AM Studio Fitness</p> <p><b>LES MILLS BODYPUMP</b> 11:30AM - 12:30PM Studio Fitness</p> <p><b>LES MILLS CORE</b> 1:15PM - 1:45PM Studio Fitness</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Studio Fitness</p>	<p><b>LES MILLS sprint</b> 8:05AM - 8:35AM Studio Fitness</p> <p><b>LES MILLS BODYPUMP</b> 10:15AM - 11:15AM Studio Fitness</p> <p><b>LES MILLS BODYFLOW</b> 3:15PM - 4:15PM Studio Fitness</p>

Monday

**LES MILLS**  
**BODYATTACK**

4:30PM - 5:15PM  
Studio Fitness

**LES MILLS**  
**BODYPUMP**

5:30PM - 6:30PM  
Studio Fitness



6:00PM - 6:30PM  
Premium Plus

**Spin**

6:35PM - 7:05PM  
Studio Fitness

**LES MILLS**  
**barre**

7:15PM - 7:45PM  
Studio Fitness

Tuesday

**LES MILLS**  
**BODYPUMP**

6:10PM - 6:55PM  
Studio Fitness

**LES MILLS**  
**BODYFLOW**

7:00PM - 8:00PM  
Studio Fitness

**LES MILLS**  
**GRIT** | STRENGTH

8:10PM - 8:40PM  
Studio Fitness

Wednesday



5:30PM - 6:00PM  
Premium Plus

**LES MILLS**  
**BODYSTEP** CLASSIC

6:30PM - 7:15PM  
Studio Fitness

**LES MILLS**  
**SH'BAM**

7:30PM - 8:00PM  
Studio Fitness

Thursday

**LES MILLS**  
**CORE**

6:05PM - 6:35PM  
Studio Fitness

**LES MILLS**  
**BODYFLOW**

6:45PM - 7:45PM  
Studio Fitness

Friday

Saturday

Sunday

# Club 4 Fitness - Gulfport May Group Exercise Schedule

Studio Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 5:05AM - 5:50AM <b>LES MILLS SH'BAM</b> 6:00AM - 6:45AM <b>LES MILLS BODYCOMBAT</b> 7:00AM - 8:00AM <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM <b>barre</b> 9:45AM - 10:15AM <b>LES MILLS GRIT   CARDIO</b> 11:15AM - 11:45AM <b>LES MILLS BODYCOMBAT</b> 1:00PM - 2:00PM <b>LES MILLS BODYFLOW</b> 2:30PM - 3:30PM <b>LES MILLS BODYATTACK</b> 4:30PM - 5:15PM <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Spin 6:35PM - 7:05PM <b>LES MILLS barre</b> 7:15PM - 7:45PM	<b>LES MILLS sprint</b> 5:05AM - 5:35AM Yoga 6:00AM - 7:00AM <b>LES MILLS BODYCOMBAT</b> 7:10AM - 7:40AM <b>ZUMBA</b> 8:30AM - 9:30AM <b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM <b>LES MILLS sprint</b> 12:15PM - 12:45PM <b>LES MILLS CORE</b> 3:15PM - 3:45PM <b>ZUMBA</b> 4:30PM - 5:15PM <b>LES MILLS sprint</b> 5:30PM - 6:00PM <b>LES MILLS BODYPUMP</b> 6:10PM - 6:55PM <b>LES MILLS BODYFLOW</b> 7:00PM - 8:00PM <b>LES MILLS GRIT   STRENGTH</b> 8:10PM - 8:40PM	<b>LES MILLS BODYPUMP</b> 5:05AM - 6:05AM <b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:00AM <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM <b>LES MILLS BODYFLOW</b> 9:45AM - 10:45AM <b>LES MILLS GRIT   STRENGTH</b> 11:15AM - 11:45AM <b>LES MILLS BODYCOMBAT</b> 1:00PM - 1:45PM <b>LES MILLS RPM</b> 3:00PM - 3:50PM <b>LES MILLS sprint</b> 4:30PM - 5:00PM <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM <b>LES MILLS BODYSTEP CLASSIC</b> 6:30PM - 7:15PM <b>LES MILLS SH'BAM</b> 7:30PM - 8:00PM	<b>LES MILLS BODYATTACK</b> 5:05AM - 5:50AM Yoga 6:00AM - 7:00AM <b>LES MILLS BODYPUMP</b> 7:15AM - 8:15AM <b>ZUMBA</b> 8:30AM - 9:30AM <b>LES MILLS RPM</b> 12:15PM - 1:05PM <b>LES MILLS SH'BAM</b> 3:15PM - 4:00PM RIPPED 4:30PM - 5:00PM <b>BODYPUMP EXPRESS</b> 5:30PM - 6:00PM <b>LES MILLS CORE</b> 6:05PM - 6:35PM <b>LES MILLS BODYFLOW</b> 6:45PM - 7:45PM	<b>LES MILLS BODYPUMP</b> 5:05AM - 5:35AM <b>LES MILLS CORE</b> 5:40AM - 6:10AM <b>LES MILLS BODYFLOW</b> 8:30AM - 9:30AM <b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM <b>LES MILLS SH'BAM</b> 12:00PM - 12:45PM <b>LES MILLS GRIT   STRENGTH</b> 4:15PM - 4:45PM Spin 5:30PM - 6:00PM <b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:15PM	<b>LES MILLS BODYFLOW</b> 7:05AM - 8:05AM <b>LES MILLS sprint</b> 8:15AM - 8:45AM <b>BODYPUMP EXPRESS</b> 9:00AM - 9:30AM <b>LES MILLS CORE</b> 9:30AM - 10:00AM <b>LES MILLS BODYPUMP</b> 11:30AM - 12:30PM <b>LES MILLS CORE</b> 1:15PM - 1:45PM <b>LES MILLS RPM</b> 2:00PM - 2:50PM	<b>LES MILLS sprint</b> 8:05AM - 8:35AM <b>LES MILLS BODYPUMP</b> 10:15AM - 11:15AM <b>LES MILLS BODYFLOW</b> 3:15PM - 4:15PM




















# Club 4 Fitness - Gulfport May Group Exercise Schedule

Functional Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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# Club 4 Fitness - Gulfport May Group Exercise Schedule

Premium Plus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7:30AM - 8:00AM	 9:30AM - 10:00AM	 7:30AM - 8:00AM	 7:30AM - 8:00AM	 7:30AM - 8:30AM		
 9:30AM - 10:00AM	 4:30PM - 5:00PM	 9:30AM - 10:00AM	 9:30AM - 10:30AM	 9:30AM - 10:00AM		
 10:00AM - 11:00AM	 6:00PM - 7:00PM	 4:30PM - 5:00PM	 4:30PM - 5:00PM	 10:00AM - 11:00AM		
 4:30PM - 5:00PM		 5:30PM - 6:00PM	 5:30PM - 6:00PM			
 6:00PM - 6:30PM						

## 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 BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.



BOOTCAMP - PREMIUM PLUS Bootcamp is an intense mix of conditioning & strength training that is constantly varied with each class session. Coaches will teach you proper form and technique while also ensuring you get the most out of your workout.



HELL'S BELLS - PREMIUM PLUS Yep, kettlebells, barbells and dumbbells! Classes are programmed to perfection using all the "bells" and bodyweight movements in a series of 3 circuits that will surely challenge all levels of fitness.

## LES MILLS CORE

CORE™ 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.

### Spin

Focus on endurance, strength, intervals, high intensity and recovery. Great low impact cardio workout.

## 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

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

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## 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.

## 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 SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!



Fun-loving and insanely addictive dance workout. No dance experience required!



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.

## Club 4 Fitness - Gulf Port Group Exercise Timetable