

# Club 4 Fitness - Hernando Group Exercise Timetable-May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 5:00AM - 6:00AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:30AM - 7:30AM Group Studio</p> <p> 7:30AM - 8:00AM Club360</p> <p><b>LES MILLS GRIT   STRENGTH</b> 8:15AM - 8:45AM Group Studio</p> <p><b>LES MILLS CORE</b> 8:50AM - 9:20AM Group Studio</p> <p><b>Yoga</b> 9:35AM - 10:35AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 11:30AM - 12:30PM Group Studio</p> <p><b>LES MILLS barre</b> 4:00PM - 4:30PM Group Studio</p> <p> 4:30PM - 5:00PM Club360</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:15PM - 5:45PM Group Studio</p> <p><b>LES MILLS RPM</b> 6:00PM - 6:45PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00PM - 7:00PM Group Studio</p>	<p><b>LES MILLS RPM</b> 5:00AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Group Studio</p> <p> 7:30AM - 8:15AM Club360</p> <p><b>CYCLE</b> 8:00AM - 8:45AM Cycle Studio</p> <p><b>LES MILLS barre</b> 8:00AM - 8:30AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM Group Studio</p> <p><b>LES MILLS barre</b> 12:00PM - 12:30PM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 4:15PM - 5:00PM Group Studio</p> <p><b>LES MILLS BODYFLOW</b> 5:15PM - 6:00PM Group Studio</p> <p> 5:30PM - 6:00PM Club360</p> <p> 6:05PM - 6:50PM Group Studio</p> <p><b>LES MILLS GRIT   STRENGTH</b> 7:05PM - 7:35PM Group Studio</p>	<p> 5:00AM - 5:30AM Club360</p> <p><b>LES MILLS barre</b> 6:30AM - 7:00AM Group Studio</p> <p> 7:30AM - 8:00AM Club360</p> <p><b>LES MILLS GRIT   PLYO</b> 8:15AM - 8:45AM Group Studio</p> <p><b>STEP EXPRESS</b> 8:50AM - 9:30AM Group Studio</p> <p> 8:50AM - 9:20AM Club360</p> <p><b>LES MILLS BODYFLOW</b> 9:35AM - 10:20AM Group Studio</p> <p><b>LES MILLS CORE</b> 11:30AM - 12:00PM Group Studio</p> <p> 4:30PM - 5:00PM Club360</p> <p><b>LES MILLS CORE</b> 5:00PM - 5:30PM Group Studio</p> <p><b>LES MILLS sprint</b> 5:30PM - 6:00PM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:05PM - 7:05PM Group Studio</p>	<p><b>LES MILLS BODYPUMP</b> 5:00AM - 6:00AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:30AM - 7:30AM Group Studio</p> <p> 7:30AM - 8:15AM Club360</p> <p><b>LES MILLS BODYFLOW</b> 8:00AM - 8:45AM Group Studio</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:45AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM Group Studio</p> <p> 9:00AM - 9:30AM Club360</p> <p><b>LES MILLS GRIT   STRENGTH</b> 12:00PM - 12:30PM Group Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 4:15PM - 5:00PM Group Studio</p> <p><b>LES MILLS BODYATTACK</b> 5:15PM - 6:00PM Group Studio</p> <p> 5:30PM - 6:15PM Club360</p> <p><b>LES MILLS barre</b> 6:40PM - 7:10PM Group Studio</p>	<p><b>LES MILLS RPM</b> 5:00AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS GRIT   ATHLETIC</b> 6:30AM - 7:00AM Group Studio</p> <p><b>LES MILLS SH'BAM</b> 7:05AM - 7:50AM Group Studio</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:15AM - 8:45AM Group Studio</p> <p> 8:50AM - 9:20AM Club360</p> <p><b>LES MILLS CORE</b> 8:50AM - 9:20AM Group Studio</p> <p><b>Yoga</b> 9:35AM - 10:35AM Group Studio</p> <p><b>LES MILLS barre</b> 11:30AM - 12:00PM Group Studio</p> <p><b>LES MILLS CORE</b> 3:30PM - 4:00PM Group Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:15PM Group Studio</p> <p><b>LES MILLS barre</b> 5:35PM - 6:05PM Group Studio</p> <p><b>LES MILLS SH'BAM</b> 6:45PM - 7:30PM Group Studio</p>	<p><b>LES MILLS GRIT   CARDIO</b> 7:00AM - 7:30AM Group Studio</p> <p> 7:30AM - 8:15AM Club360</p> <p><b>STEP</b> 8:00AM - 8:45AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM Group Studio</p> <p><b>LES MILLS BODYFLOW</b> 10:15AM - 11:00AM Group Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:15PM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Studio</p>	<p><b>LES MILLS BODYCOMBAT</b> 8:00AM - 8:45AM Group Studio</p> <p><b>LES MILLS BODYPUMP</b> 9:00AM - 10:00AM Group Studio</p> <p><b>LES MILLS barre</b> 12:00PM - 12:30PM Group Studio</p> <p><b>LES MILLS SH'BAM</b> 2:00PM - 2:45PM Group Studio</p> <p><b>LES MILLS BODYFLOW</b> 3:00PM - 3:45PM Group Studio</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**LES MILLS**  
**BODYFLOW**   
7:15PM - 8:15PM  
Group Studio

## 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.



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.

## 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.

## 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 GRIT | PLYO

LES MILLS GRIT™ Plyo is a 30 minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

## 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.



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



ROPES UNLEASHED - PREMIUM PLUS Hate Cardio? Not anymore... This dynamic, high intensity class centered around battle ropes, intense core exercises, bursts of body weight conditioning and active rest periods will make you re-think skipping cardio.

## 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.



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## 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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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.

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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.

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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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**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.

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**LES MILLS**  
**▶ GRIT | CARDIO**

High-intensity interval training that improves cardiovascular fitness.

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**LES MILLS**  
**▶ GRIT | STRENGTH**

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

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**LES MILLS**  
**▶ SH'BAM**

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

**Club 4 Fitness - Highland  
Court  
Group Exercise Timetable**