

Club 4 Fitness - Homewood May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:30AM - 6:30AM Group X Room	 5:30AM - 6:00AM Cycle Room	 5:30AM - 6:20AM Cycle Room	 5:30AM - 6:00AM Cycle Room	 5:30AM - 6:30AM Group X Room	 8:00AM - 8:45AM Group X Room	 8:00AM - 9:00AM Group X Room
 5:30AM - 6:20AM Cycle Room	 5:30AM - 6:30AM Group X Room	 STRENGTH 5:30AM - 6:00AM Group X Room	 5:30AM - 6:30AM Group X Room	 5:30AM - 6:20AM Cycle Room	 8:00AM - 8:50AM Cycle Room	 8:00AM - 8:30AM Cycle Room
 6:00AM - 7:00AM Club 360	 6:00AM - 7:00AM Club 360	 6:05AM - 7:05AM Group X Room	 7:30AM - 8:20AM Cycle Room	 6:00AM - 7:00AM Club 360	 9:00AM - 10:00AM Group X Room	 9:05AM - 9:50AM Group X Room
 8:00AM - 8:30AM Cycle Room	 7:30AM - 8:20AM Cycle Room	 8:00AM - 8:30AM Cycle Room	 8:30AM - 9:30AM Group X Room	 8:00AM - 8:30AM Cycle Room	 10:00AM - 10:30AM Cycle Room	 10:00AM - 10:30AM Group X Room
 8:30AM - 9:30AM Group X Room	 8:30AM - 9:30AM Group X Room	 CARDIO 8:30AM - 9:00AM Group X Room	 9:35AM - 10:05AM Group X Room	 8:30AM - 9:15AM Group X Room	 10:10AM - 11:10AM Group X Room	 10:00AM - 10:50AM Cycle Room
 9:00AM - 9:30AM Club 360	 9:00AM - 10:00AM Club 360	 9:00AM - 10:00AM Club 360	 9:35AM - 10:05AM Cycle Room	 9:00AM - 9:30AM Club 360	 STRENGTH 12:00PM - 12:30PM Group X Room	 12:00PM - 1:00PM Group X Room
 STRENGTH 9:30AM - 10:00AM Group X Room	 9:35AM - 10:05AM Group X Room	 9:05AM - 9:35AM Group X Room	 12:00PM - 12:45PM Group X Room	 9:20AM - 9:50AM Group X Room	 12:00PM - 12:30PM Cycle Room	 12:00PM - 12:50PM Cycle Room
 9:35AM - 10:25AM Cycle Room	 9:35AM - 10:05AM Cycle Room	 9:35AM - 10:25AM Cycle Room	 12:00PM - 12:50PM Cycle Room	 9:35AM - 10:25AM Cycle Room	 4:00PM - 4:45PM Group X Room	 STRENGTH 4:00PM - 4:30PM Group X Room
 12:00PM - 12:45PM Group X Room	 12:00PM - 12:45PM Group X Room	 STRENGTH  12:00PM - 12:30PM Group X Room	 12:00PM - 1:00PM Club 360	 12:00PM - 12:45PM Group X Room	 5:00PM - 5:30PM Group X Room	 4:35PM - 5:05PM Group X Room
 12:00PM - 12:30PM Cycle Room	 12:00PM - 12:50PM Cycle Room	 12:00PM - 12:30PM Cycle Room	 4:00PM - 4:45PM Group X Room	 12:00PM - 12:30PM Cycle Room	 5:00PM - 5:50PM Cycle Room	 5:00PM - 5:30PM Cycle Room
 4:00PM - 4:50PM Cycle Room	 4:00PM - 4:45PM Group X Room	 12:00PM - 12:30PM Club 360	 4:00PM - 4:30PM Cycle Room	 12:00PM - 1:00PM Club 360		
 4:30PM - 5:25PM Group X Room	 4:00PM - 4:30PM Cycle Room	 4:00PM - 5:00PM Group X Room	 5:30PM - 6:30PM Group X Room	 4:00PM - 4:45PM Group X Room		

Monday



5:30PM - 6:30PM
Group X Room



5:30PM - 6:00PM
Cycle Room



6:00PM - 7:00PM
Club 360



6:35PM - 7:25PM
Cycle Room



6:40PM - 7:25PM
Group X Room

Tuesday



5:30PM - 6:15PM
Group X Room



5:30PM - 6:20PM
Cycle Room



6:00PM - 7:00PM
Club 360



6:30PM - 7:30PM
Group X Room

Wednesday



4:00PM - 4:50PM
Cycle Room



5:30PM - 6:00PM
Cycle Room



5:30PM - 6:30PM
Group X Room



6:00PM - 7:00PM
Club 360



6:35PM - 7:25PM
Cycle Room



6:40PM - 7:25PM
Group X Room

Thursday



5:30PM - 6:20PM
Cycle Room



6:00PM - 7:00PM
Club 360



6:40PM - 7:40PM
Group X Room

Friday



4:00PM - 4:50PM
Cycle Room



5:30PM - 6:00PM
Group X Room



5:30PM - 6:00PM
Cycle Room



6:05PM - 6:35PM
Group X Room



6:35PM - 7:25PM
Cycle Room

Saturday

Sunday

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.



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.

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 tone

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



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.



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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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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LES MILLS BODYFLOW

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

LES MILLS BODYPUMP

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

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 CORE

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!

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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.



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