

# Club 4 Fitness - Knoxville April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS GRIT   ATHLETIC</b> 5:30AM - 6:00AM Group Studio</p> <p> <b>LES MILLS RPM</b> 6:00AM - 6:50AM Cycle Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 6:15AM - 6:45AM Group Studio</p> <p> <b>LES MILLS RPM</b> 8:30AM - 9:20AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 9:00AM - 9:30AM Premium Plus Classes</p> <p> <b>LES MILLS barre</b> 9:45AM - 10:15AM Group Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 11:30AM - 12:30PM Group Studio</p> <p> <b>LES MILLS RPM</b> 4:30PM - 5:00PM Group Studio</p> <p> <b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 5:30PM - 6:30PM Group Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:30AM - 6:20AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:00AM - 8:45AM Group Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:00AM - 10:00AM Group Studio</p> <p> <b>LES MILLS sprint</b> 9:30AM - 10:00AM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 10:30AM - 11:15AM Group Studio</p> <p> <b>LES MILLS RPM</b> 11:30AM - 12:20PM Cycle Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 12:00PM - 12:30PM Premium Plus Classes</p> <p> <b>LES MILLS RPM</b> 4:15PM - 5:05PM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 4:30PM - 5:00PM Group Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 4:30PM - 5:00PM Premium Plus Classes</p> <p> <b>LES MILLS sprint</b> 5:30PM - 6:00PM Cycle Studio</p>	<p> <b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS RPM</b> 6:00AM - 6:50AM Cycle Studio</p> <p> <b>LES MILLS barre</b> 6:15AM - 6:45AM Group Studio</p> <p> <b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS sprint</b> 9:00AM - 9:30AM Cycle Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 9:00AM - 9:30AM Premium Plus Classes</p> <p> <b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM Group Studio</p> <p> <b>LES MILLS sprint</b> 12:00PM - 12:30PM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Studio</p> <p> <b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 5:45PM - 6:15PM Group Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 5:30AM - 6:30AM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:30AM - 6:20AM Cycle Studio</p> <p> <b>LES MILLS SH'BAM</b> 6:30AM - 7:00AM Group Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:00AM - 8:45AM Group Studio</p> <p> <b>LES MILLS sprint</b> 8:30AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:00AM - 10:00AM Group Studio</p> <p> <b>LES MILLS RPM</b> 10:30AM - 11:20AM Cycle Studio</p> <p> <b>LES MILLS GRIT   CARDIO</b> 11:30AM - 12:00PM Group Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 12:00PM - 12:30PM Premium Plus Classes</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 12:15PM - 12:45PM Group Studio</p> <p> <b>LES MILLS sprint</b> 12:30PM - 1:00PM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 4:00PM - 5:00PM Group Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 5:30AM - 6:30AM Group Studio</p> <p> <b>LES MILLS sprint</b> 6:00AM - 6:30AM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 8:30AM - 9:00AM Group Studio</p> <p> <b>LES MILLS sprint</b> 9:00AM - 9:30AM Cycle Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 9:00AM - 9:30AM Premium Plus Classes</p> <p> <b>LES MILLS GRIT   CARDIO</b> 9:15AM - 9:45AM Group Studio</p> <p> <b>LES MILLS BODYFLOW</b> 10:00AM - 11:00AM Group Studio</p> <p> <b>LES MILLS CORE</b> 12:00PM - 12:30PM Group Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:15PM - 6:05PM Cycle Studio</p>	<p> <b>LES MILLS GRIT   ATHLETIC</b> 7:30AM - 8:00AM Group Studio</p> <p> <b>LES MILLS RPM</b> 8:15AM - 9:05AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:45AM - 10:45AM Group Studio</p> <p> <b>LES MILLS Premium Plus Classes</b> 10:00AM - 10:30AM Premium Plus Classes</p> <p> <b>LES MILLS RPM</b> 10:30AM - 11:20AM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 11:00AM - 11:45AM Group Studio</p> <p> <b>LES MILLS sprint</b> 4:00PM - 4:30PM Cycle Studio</p> <p> <b>LES MILLS RPM</b> 5:15PM - 6:05PM Cycle Studio</p>	<p> <b>LES MILLS BODYFLOW</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS RPM</b> 8:45AM - 9:35AM Cycle Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 9:45AM - 10:15AM Group Studio</p> <p> <b>LES MILLS sprint</b> 10:00AM - 10:30AM Cycle Studio</p> <p> <b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM Group Studio</p> <p> <b>LES MILLS RPM</b> 11:00AM - 11:30AM Cycle Studio</p> <p> <b>LES MILLS sprint</b> 2:00PM - 2:30PM Cycle Studio</p> <p> <b>LES MILLS barre</b> 2:30PM - 3:00PM Group Studio</p> <p> <b>LES MILLS sprint</b> 3:00PM - 3:30PM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 3:30PM - 4:30PM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:00PM - 5:50PM Cycle Studio</p>

Monday



6:00PM - 6:50PM  
Cycle Studio



6:30PM - 7:00PM  
Premium Plus Classes



6:45PM - 7:15PM  
Group Studio

Tuesday



5:30PM - 6:30PM  
Group Studio



6:30PM - 7:20PM  
Cycle Studio



6:45PM - 7:30PM  
Group Studio



7:30PM - 8:00PM  
Cycle Studio

Wednesday



6:00PM - 6:50PM  
Cycle Studio



6:30PM - 7:30PM  
Group Studio



6:30PM - 7:00PM  
Premium Plus Classes



7:00PM - 7:30PM  
Cycle Studio

Thursday



4:30PM - 5:20PM  
Cycle Studio



4:30PM - 5:00PM  
Premium Plus Classes



5:30PM - 6:00PM  
Cycle Studio



5:30PM - 6:30PM  
Group Studio



6:30PM - 7:20PM  
Cycle Studio



6:45PM - 7:15PM  
Group Studio



7:30PM - 8:15PM  
Group Studio



7:30PM - 8:00PM  
Cycle Studio

Friday



6:30PM - 7:00PM  
Cycle Studio



6:30PM - 7:30PM  
Group Studio

Saturday

Sunday

## 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.

## LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



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.

## 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.

## 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 | 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.

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

## 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.

Virtual Group Fitness  
Homewood Location