














# Club 4 Fitness - Lake Harbour May 2021 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio	 5:15AM - 5:45AM Cycle Studio	<b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio	 5:15AM - 5:45AM Cycle Studio	<b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio	 8:00AM - 8:30AM TABATA 360 - PREMIUM PLUS	 9:00AM - 9:50AM Cycle Studio
 6:00AM - 7:00AM Group Fitness Studio	 5:50AM - 6:20AM Group Fitness Studio	 6:00AM - 7:00AM Group Fitness Studio	 5:50AM - 6:20AM Group Fitness Studio	 6:00AM - 7:00AM Group Fitness Studio	<b>CYCLE</b> 8:15AM - 9:00AM Cycle Studio	 10:00AM - 11:00AM Group Fitness Studio
<b>CYCLE</b> 8:00AM - 8:45AM Cycle Studio	 8:15AM - 8:45AM Cycle Studio	 8:15AM - 8:45AM TABATA 360 - PREMIUM PLUS	 8:15AM - 9:00AM Group Fitness Studio	<b>STEP</b> 8:00AM - 8:45AM Group Fitness Studio	 9:05AM - 10:05AM Group Fitness Studio	 11:15AM - 12:00PM Cycle Studio
 8:15AM - 8:45AM TABATA 360 - PREMIUM PLUS	 8:15AM - 9:15AM Group Fitness Studio	 8:15AM - 8:45AM Group Fitness Studio	 8:15AM - 9:00AM Cycle Studio	 8:15AM - 8:45AM TABATA 360 - PREMIUM PLUS	 9:30AM - 10:00AM TABATA 360 - PREMIUM PLUS	 2:00PM - 2:50PM Cycle Studio
 8:50AM - 9:50AM Group Fitness Studio	 8:50AM - 9:20AM TABATA 360 - PREMIUM PLUS	<b>CLUB DANCE</b> 8:50AM - 9:35AM Group Fitness Studio	 9:05AM - 9:35AM Group Fitness Studio	 8:50AM - 9:50AM Group Fitness Studio	 10:15AM - 10:45AM Group Fitness Studio	 2:45PM - 3:45PM Group Fitness Studio
 10:00AM - 10:45AM Group Fitness Studio	 9:20AM - 9:50AM Group Fitness Studio	<b>BARRE FUSION</b> 9:45AM - 10:30AM Group Fitness Studio	 12:15PM - 12:45PM Group Fitness Studio	 10:00AM - 11:00AM Group Fitness Studio	 12:00PM - 12:30PM Cycle Studio	<b>YOGA</b> 4:00PM - 5:00PM Group Fitness Studio
 12:15PM - 12:45PM Group Fitness Studio	<b>Mat Pilates</b> 9:20AM - 10:05AM Mind/Body Studio	 12:15PM - 12:45PM Group Fitness Studio	 12:15PM - 12:45PM Cycle Studio	 12:15PM - 12:45PM Group Fitness Studio	 12:35PM - 1:05PM Group Fitness Studio	
 3:30PM - 4:00PM Group Fitness Studio	 12:15PM - 12:45PM Group Fitness Studio	 3:30PM - 4:00PM Group Fitness Studio	 12:45PM - 1:15PM TABATA 360 - PREMIUM PLUS	 3:30PM - 4:00PM Group Fitness Studio	 1:15PM - 1:45PM Group Fitness Studio	
 4:00PM - 4:30PM TABATA 360 - PREMIUM PLUS	 12:15PM - 12:45PM Cycle Studio	 4:00PM - 4:30PM Cycle Studio	 3:30PM - 4:00PM Group Fitness Studio	 4:00PM - 4:30PM Cycle Studio	 3:30PM - 4:00PM Cycle Studio	
<b>CLUB DANCE</b> 4:35PM - 5:20PM Group Fitness Studio	 12:45PM - 1:15PM TABATA 360 - PREMIUM PLUS	 4:00PM - 4:30PM TABATA 360 - PREMIUM PLUS	 4:30PM - 5:30PM Group Fitness Studio	 4:35PM - 5:20PM Group Fitness Studio	 4:00PM - 4:45PM Group Fitness Studio	
 5:30PM - 6:30PM Group Fitness Studio	 3:30PM - 4:00PM Group Fitness Studio	<b>STEP</b> 4:35PM - 5:20PM Group Fitness Studio	 5:35PM - 6:20PM Group Fitness Studio	 5:00PM - 5:30PM Cycle Studio	 5:00PM - 5:50PM Cycle Studio	
<b>CYCLE</b> 5:30PM - 6:15PM Cycle Studio	 4:00PM - 4:30PM Cycle Studio	 5:30PM - 6:30PM Group Fitness Studio	 5:45PM - 6:15PM Cycle Studio	 5:30PM - 6:15PM Group Fitness Studio		
 6:30PM - 7:00PM Cycle Studio	 4:30PM - 5:30PM Group Fitness Studio	<b>BARRE</b> 5:30PM - 6:15PM Mind/Body Studio	 5:45PM - 6:15PM TABATA 360 - PREMIUM PLUS	 6:30PM - 7:20PM Cycle Studio		


Monday

 **GRIT** | **CARDIO**  
7:00PM - 7:30PM  
Group Fitness Studio


Tuesday


 **BODYFLOW**  
5:35PM - 6:20PM  
Group Fitness Studio

 **RPM**  
5:45PM - 6:30PM  
Cycle Studio


  
5:45PM - 6:15PM  
TABATA 360 - PREMIUM PLUS

 **CORE**  
6:30PM - 7:00PM  
Group Fitness Studio

 **GRIT** | **STRENGTH**  
7:15PM - 7:45PM  
Group Fitness Studio

 **sprint**  
7:45PM - 8:15PM  
Cycle Studio

Wednesday

 **sprint**  
5:30PM - 6:00PM  
Cycle Studio

 **RPM**  
6:30PM - 7:20PM  
Cycle Studio

 **BODYCOMBAT**  
6:45PM - 7:30PM  
Group Fitness Studio

Thursday

 **CORE**  
6:25PM - 6:55PM  
Group Fitness Studio

 **BODYFLOW**  
7:15PM - 8:00PM  
Group Fitness Studio

Friday

Saturday

Sunday