

Club4Fitness - Lafayette April Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LES MILLS BODYCOMBAT 5:15AM - 6:15AM Group Studio	 LES MILLS BODYPUMP 5:15AM - 6:00AM Group Studio	 LES MILLS SPRINT 5:15AM - 5:45AM Cycle Studio	 LES MILLS BODYPUMP 5:15AM - 6:00AM Group Studio	 LES MILLS BODYCOMBAT 5:15AM - 5:45AM Group Studio	 LES MILLS BODYCOMBAT 8:00AM - 8:45AM Group Studio	 LES MILLS SH'BAM 8:00AM - 8:45AM Group Studio
 LES MILLS RPM 5:15AM - 6:05AM Cycle Studio	 LES MILLS SPRINT 5:15AM - 5:45AM Cycle Studio	 LES MILLS CORE 5:15AM - 5:45AM Group Studio	 LES MILLS SPRINT 6:00AM - 6:30AM Cycle Studio	 LES MILLS SPRINT 5:15AM - 5:45AM Cycle Studio	 8:00AM - 8:45AM Cycle Studio	 LES MILLS GRIT STRENGTH 9:00AM - 9:30AM Group Studio
 LES MILLS SH'BAM 6:30AM - 7:15AM Group Studio	 LES MILLS RPM 6:40AM - 7:30AM Cycle Studio	 LES MILLS GRIT CARDIO 5:50AM - 6:20AM Group Studio	 LES MILLS BODYCOMBAT 6:30AM - 7:30AM Group Studio	 LES MILLS BODYFLOW 5:50AM - 6:20AM Group Studio	 LES MILLS BODYPUMP 9:00AM - 10:00AM Group Studio	 LES MILLS BODYFLOW 10:00AM - 11:00AM Group Studio
 LES MILLS SPRINT 8:00AM - 8:30AM Cycle Studio	 LES MILLS SPRINT 8:30AM - 9:00AM Cycle Studio	 LES MILLS CORE 6:30AM - 7:00AM Group Studio	 LES MILLS GRIT STRENGTH 8:30AM - 9:00AM Cycle Studio	 LES MILLS RPM 6:30AM - 7:20AM Cycle Studio	 9:00AM - 9:30AM Club360	 LES MILLS SPRINT 11:15AM - 11:45AM Cycle Studio
 LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio	 Yoga 9:10AM - 9:40AM Group Studio	 8:00AM - 8:30AM Club360	 9:00AM - 9:30AM Club360	 LES MILLS barre 6:30AM - 7:00AM Group Studio	 LES MILLS SPRINT 10:05AM - 10:35AM Cycle Studio	 LES MILLS BODYFLOW 4:00PM - 5:00PM Group Studio
 LES MILLS RPM 9:00AM - 9:50AM Cycle Studio	 10:30AM - 11:00AM Club360	 LES MILLS BODYPUMP 8:30AM - 9:00AM Group Studio	 LES MILLS BODYFLOW 9:05AM - 10:05AM Group Studio	 8:00AM - 8:45AM Club360	 ZUMBA 10:15AM - 11:15AM Group Studio	 LES MILLS RPM 5:00PM - 5:50PM Cycle Studio
 9:00AM - 9:45AM Club360	 LES MILLS CORE 10:30AM - 11:00AM Group Studio	 LES MILLS SPRINT 9:05AM - 9:35AM Cycle Studio	 LES MILLS BODYPUMP 10:30AM - 11:30AM Group Studio	 LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio	 LES MILLS GRIT CARDIO 12:00PM - 12:30PM Group Studio	 LES MILLS RPM 3:00PM - 3:50PM Cycle Studio
 Yoga 9:40AM - 10:40AM Group Studio	 LES MILLS GRIT STRENGTH 12:15PM - 12:45PM Group Studio	 9:15AM - 10:00AM Club360	 12:00PM - 12:45PM Club360	 LES MILLS BODYFLOW 9:45AM - 10:45AM Group Studio	 LES MILLS RPM 3:00PM - 3:50PM Cycle Studio	 LES MILLS SH'BAM 4:30PM - 5:15PM Group Studio
 12:00PM - 12:45PM Club360	 LES MILLS BODYPUMP 4:30PM - 5:15PM Group Studio	 LES MILLS RPM 10:30AM - 11:20AM Cycle Studio	 LES MILLS BODYFLOW 12:00PM - 1:00PM Group Studio	 LES MILLS RPM 12:00PM - 12:50PM Cycle Studio	 LES MILLS SH'BAM 4:30PM - 5:15PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio
 LES MILLS CORE 12:15PM - 12:45PM Group Studio	 5:30PM - 6:15PM Club360	 LES MILLS BODYCOMBAT 12:00PM - 1:00PM Group Studio	 3:30PM - 4:15PM Club360	 12:00PM - 12:30PM Club360	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio
 4:00PM - 4:45PM Club360	 LES MILLS CORE 5:30PM - 6:00PM Group Studio	 LES MILLS RPM 4:30PM - 5:20PM Cycle Studio	 LES MILLS BODYCOMBAT 4:30PM - 5:15PM Group Studio	 LES MILLS BODYCOMBAT 3:00PM - 4:00PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio
 LES MILLS SPRINT 4:30PM - 5:00PM Cycle Studio	 LES MILLS barre 6:05PM - 6:35PM Group Studio	 5:00PM - 5:30PM Club360	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 LES MILLS CORE 4:30PM - 5:00PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio
 5:00PM - 5:30PM Club360	 LES MILLS RPM 6:15PM - 6:45PM Cycle Studio	 LES MILLS BODYPUMP 5:30PM - 6:00PM Group Studio	 6:00PM - 6:30PM Club360	 LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio	 LES MILLS BODYCOMBAT 5:30PM - 6:30PM Group Studio

Monday

LES MILLS
BODYPUMP
5:30PM - 6:30PM
Group Studio



6:00PM - 6:30PM
Club360

LES MILLS
sprint

6:35PM - 7:05PM
Cycle Studio



6:40PM - 7:40PM
Group Studio

Tuesday



6:30PM - 7:00PM
Club360

Dance2Fit
6:40PM - 7:40PM
Group Studio

Wednesday

LES MILLS
sprint
6:05PM - 6:35PM
Cycle Studio

LES MILLS
CORE
6:05PM - 6:35PM
Group Studio



6:30PM - 7:30PM
Club360

LES MILLS
BODYCOMBAT

6:40PM - 7:40PM
Group Studio

Thursday

LES MILLS
RPM
6:15PM - 7:00PM
Cycle Studio



6:40PM - 7:40PM
Group Studio

Friday

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 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.



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

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

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 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.

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 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 BODYFLOW

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

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!



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.

Yoga

Yoga is a program designed to connect mind and body through a series of poses that uses breathing as a tool to stretch and strength the body.



A Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

Club4-Lafayette

Group Exercise Timetable