

# Club4Fitness - Lafayette May Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYCOMBAT</b> 5:15AM - 6:15AM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:15AM - 6:05AM Cycle Studio</p> <p> <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 8:00AM - 8:30AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycle Studio</p> <p> <b>Club360</b> 9:00AM - 9:45AM Club360</p> <p><b>Yoga</b> 9:40AM - 10:40AM Group Studio</p> <p> <b>Club360</b> 12:00PM - 12:45PM Club360</p> <p> <b>LES MILLS CORE</b> 12:15PM - 12:45PM Group Studio</p> <p> <b>Club360</b> 4:00PM - 4:45PM Club360</p> <p> <b>LES MILLS SPRINT</b> 4:30PM - 5:00PM Cycle Studio</p> <p> <b>Club360</b> 5:00PM - 5:30PM Club360</p>	<p> <b>LES MILLS BODYPUMP</b> 5:15AM - 6:00AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS RPM</b> 6:40AM - 7:30AM Cycle Studio</p> <p> <b>LES MILLS SPRINT</b> 8:30AM - 9:00AM Cycle Studio</p> <p><b>Yoga</b> 9:10AM - 9:40AM Group Studio</p> <p> <b>Club360</b> 10:30AM - 11:00AM Club360</p> <p> <b>LES MILLS CORE</b> 10:30AM - 11:00AM Group Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 12:15PM - 12:45PM Group Studio</p> <p> <b>LES MILLS BODYPUMP</b> 4:30PM - 5:15PM Group Studio</p> <p> <b>Club360</b> 5:30PM - 6:15PM Club360</p> <p> <b>LES MILLS CORE</b> 5:30PM - 6:00PM Group Studio</p> <p><b>Dance2Fit</b> 6:05PM - 7:05PM Group Studio</p> <p> <b>LES MILLS RPM</b> 6:15PM - 6:45PM Cycle Studio</p>	<p> <b>LES MILLS SPRINT</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 5:15AM - 5:45AM Group Studio</p> <p> <b>LES MILLS GRIT   CARDIO</b> 5:50AM - 6:20AM Group Studio</p> <p> <b>LES MILLS CORE</b> 6:30AM - 7:00AM Group Studio</p> <p> <b>Club360</b> 8:00AM - 8:30AM Club360</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:00AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 9:05AM - 9:35AM Cycle Studio</p> <p> <b>Club360</b> 9:15AM - 10:00AM Club360</p> <p> <b>LES MILLS RPM</b> 10:30AM - 11:20AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 12:00PM - 1:00PM Group Studio</p> <p> <b>LES MILLS RPM</b> 4:30PM - 5:20PM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:15PM Group Studio</p> <p> <b>Club360</b> 5:00PM - 5:30PM Club360</p>	<p> <b>LES MILLS BODYPUMP</b> 5:15AM - 6:00AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 6:00AM - 6:30AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Group Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 8:30AM - 9:00AM Group Studio</p> <p> <b>Club360</b> 9:00AM - 9:30AM Club360</p> <p> <b>LES MILLS BODYFLOW</b> 9:05AM - 10:05AM Group Studio</p> <p> <b>LES MILLS BODYPUMP</b> 10:30AM - 11:30AM Group Studio</p> <p> <b>Club360</b> 12:00PM - 12:45PM Club360</p> <p> <b>LES MILLS BODYFLOW</b> 12:00PM - 1:00PM Group Studio</p> <p> <b>Club360</b> 3:30PM - 4:15PM Club360</p> <p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:15PM Group Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Group Studio</p> <p> <b>Club360</b> 6:00PM - 6:30PM Club360</p>	<p> <b>LES MILLS BODYCOMBAT</b> 5:15AM - 5:45AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 5:50AM - 6:20AM Group Studio</p> <p> <b>LES MILLS RPM</b> 6:30AM - 7:20AM Cycle Studio</p> <p> <b>LES MILLS barre</b> 6:30AM - 7:00AM Group Studio</p> <p> <b>Club360</b> 8:00AM - 8:45AM Club360</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Group Studio</p> <p> <b>LES MILLS BODYFLOW</b> 9:45AM - 10:45AM Group Studio</p> <p> <b>LES MILLS RPM</b> 12:00PM - 12:50PM Cycle Studio</p> <p> <b>Club360</b> 12:00PM - 12:30PM Club360</p> <p> <b>LES MILLS CORE</b> 4:30PM - 5:00PM Group Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Group Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 8:00AM - 8:45AM Group Studio</p> <p> <b>Club360</b> 8:00AM - 8:45AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 9:00AM - 10:00AM Group Studio</p> <p> <b>Club360</b> 9:00AM - 9:30AM Club360</p> <p> <b>LES MILLS SPRINT</b> 10:05AM - 10:35AM Cycle Studio</p> <p><b>Dance2Fit</b> 10:15AM - 11:15AM Group Studio</p> <p> <b>LES MILLS GRIT   CARDIO</b> 12:00PM - 12:30PM Group Studio</p> <p> <b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycle Studio</p> <p> <b>LES MILLS SH'BAM</b> 4:30PM - 5:15PM Group Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 5:30PM - 6:30PM Group Studio</p>	<p> <b>LES MILLS SH'BAM</b> 8:00AM - 8:45AM Group Studio</p> <p> <b>LES MILLS GRIT   STRENGTH</b> 9:00AM - 9:30AM Group Studio</p> <p> <b>LES MILLS BODYFLOW</b> 10:00AM - 11:00AM Group Studio</p> <p> <b>LES MILLS SPRINT</b> 11:15AM - 11:45AM Cycle Studio</p> <p> <b>LES MILLS BODYFLOW</b> 4:00PM - 5:00PM Group Studio</p> <p> <b>LES MILLS RPM</b> 5:00PM - 5:50PM Cycle Studio</p>

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

Wednesday

**LES MILLS**  
**BODYPUMP**  
5:30PM - 6:00PM  
Group Studio

**LES MILLS**  
**sprint**

6:05PM - 6:35PM  
Cycle Studio

**LES MILLS**  
**CORE**

6:05PM - 6:35PM  
Group Studio



6:30PM - 7:30PM  
Club360

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**  
**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**  
**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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**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!

**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.

**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