


# Hillcrest- Club 4 Fitness May Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS</b> <b>sprint</b></p> <p>5:15AM - 5:45AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>5:15AM - 6:15AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>6:00AM - 6:30AM Studio 2</p> <p><b>LES MILLS</b> <b>barre</b></p> <p>6:30AM - 7:00AM Studio 1</p> <p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>7:40AM - 8:10AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>7:45AM - 8:35AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>8:30AM - 9:30AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>9:00AM - 9:30AM Studio 2</p> <p><b>BARRE</b></p> <p>9:40AM - 10:40AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>10:15AM - 11:05AM Studio 2</p> <p><b>LES MILLS</b> <b>SH'BAM</b></p> <p>10:45AM - 11:30AM Studio 1</p> <p></p> <p>11:00AM - 11:30AM Club 360</p>	<p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>5:15AM - 5:45AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>5:15AM - 6:05AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>6:00AM - 7:00AM Studio 1</p> <p></p> <p>8:00AM - 8:30AM Club 360</p> <p></p> <p>8:30AM - 9:30AM Studio 2</p> <p><b>LES MILLS</b> <b>GRIT   CARDIO</b></p> <p>9:00AM - 9:30AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>10:00AM - 10:30AM Studio 2</p> <p></p> <p>10:00AM - 11:00AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>12:00PM - 12:30PM Studio 2</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>12:30PM - 1:00PM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>2:30PM - 3:00PM Studio 2</p> <p><b>LES MILLS</b> <b>barre</b></p> <p>3:50PM - 4:20PM Studio 1</p>	<p><b>LES MILLS</b> <b>sprint</b></p> <p>5:15AM - 5:45AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>5:15AM - 6:15AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>7:00AM - 7:30AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYCOMBAT</b></p> <p>8:05AM - 9:05AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>8:30AM - 9:20AM Studio 2</p> <p></p> <p>9:00AM - 9:30AM Club 360</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>9:15AM - 9:45AM Studio 1</p> <p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>10:00AM - 10:30AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>10:00AM - 10:30AM Studio 2</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>12:00PM - 12:50PM Studio 2</p> <p></p> <p>12:00PM - 12:30PM Club 360</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>12:00PM - 1:00PM Studio 1</p>	<p><b>LES MILLS</b> <b>RPM</b></p> <p>5:15AM - 6:05AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYCOMBAT</b></p> <p>5:15AM - 6:15AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>6:15AM - 6:45AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>6:30AM - 7:00AM Studio 1</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>7:15AM - 8:00AM Studio 1</p> <p></p> <p>8:00AM - 8:30AM Club 360</p> <p><b>LES MILLS</b> <b>barre</b></p> <p>8:05AM - 8:35AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>8:05AM - 8:35AM Studio 2</p> <p><b>CORE</b></p> <p>8:45AM - 9:15AM Studio 1</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>9:30AM - 10:30AM Studio 1</p> <p><b>LES MILLS</b> <b>BODYCOMBAT</b></p> <p>12:00PM - 1:00PM Studio 1</p> <p></p> <p>12:00PM - 12:30PM Club 360</p>	<p><b>LES MILLS</b> <b>sprint</b></p> <p>5:15AM - 5:45AM Studio 2</p> <p><b>Grit Cardio/Step Rotation</b></p> <p>5:15AM - 6:00AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>7:00AM - 7:50AM Studio 2</p> <p></p> <p>8:00AM - 8:30AM Club 360</p> <p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>8:15AM - 8:45AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>9:35AM - 10:05AM Studio 2</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>10:15AM - 11:15AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>12:00PM - 12:50PM Studio 2</p> <p><b>LES MILLS</b> <b>CORE</b></p> <p>12:00PM - 12:30PM Studio 1</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>3:45PM - 4:15PM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>4:00PM - 4:30PM Studio 2</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>5:00PM - 5:50PM Studio 2</p>	<p><b>LES MILLS</b> <b>BODYCOMBAT</b></p> <p>7:05AM - 7:50AM Studio 1</p> <p><b>Strength Rotation</b></p> <p>8:30AM - 9:00AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>9:00AM - 9:50AM Studio 2</p> <p><b>CARDIO ROTATION</b></p> <p>9:15AM - 10:15AM Studio 1</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>10:45AM - 11:15AM Studio 1</p> <p><b>LES MILLS</b> <b>sprint</b></p> <p>11:00AM - 11:30AM Studio 2</p> <p><b>LES MILLS</b> <b>CORE</b></p> <p>3:00PM - 3:30PM Studio 1</p> <p><b>LES MILLS</b> <b>barre</b></p> <p>3:30PM - 4:00PM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>4:00PM - 4:50PM Studio 2</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>4:15PM - 5:15PM Studio 1</p> <p><b>LES MILLS</b> <b>BODYPUMP</b></p> <p>5:30PM - 6:30PM Studio 1</p>	<p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>8:15AM - 8:45AM Studio 1</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>9:00AM - 10:00AM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>9:15AM - 10:05AM Studio 2</p> <p><b>LES MILLS</b> <b>barre</b></p> <p>10:10AM - 10:40AM Studio 1</p> <p><b>LES MILLS</b> <b>SH'BAM</b></p> <p>12:00PM - 12:45PM Studio 1</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>2:00PM - 2:50PM Studio 2</p> <p><b>LES MILLS</b> <b>GRIT   STRENGTH</b></p> <p>3:00PM - 3:30PM Studio 1</p> <p><b>LES MILLS</b> <b>BODYFLOW</b></p> <p>4:00PM - 5:00PM Studio 1</p> <p><b>LES MILLS</b> <b>CORE</b></p> <p>5:15PM - 5:45PM Studio 1</p>

Monday

 **LES MILLS RPM**  
12:00PM - 12:50PM  
Studio 2

 **LES MILLS BODYPUMP**  
12:00PM - 1:00PM  
Studio 1


 **LES MILLS BODYPUMP**  
3:00PM - 4:00PM  
Studio 1

 **LES MILLS BODYFLOW**  
4:00PM - 5:00PM  
Studio 1


 **LES MILLS sprint**  
4:30PM - 5:00PM  
Studio 2

 **LES MILLS BODYPUMP**  
5:30PM - 6:30PM  
Studio 1

 **LES MILLS RPM**  
6:30PM - 7:20PM  
Studio 2

 **LES MILLS RPM**  
6:30PM - 7:00PM  
Club 360

 **LES MILLS BODYFLOW**  
6:40PM - 7:40PM  
Studio 1


 **LES MILLS sprint**  
8:00PM - 8:30PM  
Studio 2

Tuesday

 **LES MILLS RPM**  
5:00PM - 5:50PM  
Studio 2


 **LES MILLS CORE**  
5:00PM - 5:30PM  
Studio 1

**Yoga**  
5:30PM - 6:30PM  
Studio 1

 **LES MILLS RPM**  
5:30PM - 6:00PM  
Club 360


 **LES MILLS BODYCOMBAT**  
6:45PM - 7:30PM  
Studio 1


 **LES MILLS RPM**  
7:00PM - 7:50PM  
Studio 2

 **LES MILLS GRIT** | STRENGTH  
8:00PM - 8:30PM  
Studio 1

Wednesday

 **LES MILLS BODYPUMP**  
3:00PM - 3:45PM  
Studio 1

 **LES MILLS SHBAM**  
3:50PM - 4:35PM  
Studio 1


 **LES MILLS RPM**  
4:00PM - 4:30PM  
Club 360

 **LES MILLS RPM**  
4:30PM - 5:20PM  
Studio 2

 **LES MILLS GRIT** | STRENGTH  
4:45PM - 5:15PM  
Studio 1

**BARRE**  
5:30PM - 6:15PM  
Studio 1

 **LES MILLS BODYFLOW**  
6:20PM - 7:20PM  
Studio 1

 **LES MILLS RPM**  
6:30PM - 7:00PM  
Club 360

 **LES MILLS sprint**  
6:30PM - 7:00PM  
Studio 2

 **LES MILLS BODYPUMP**  
8:00PM - 9:00PM  
Studio 1


Thursday

 **LES MILLS sprint**  
12:30PM - 1:00PM  
Studio 2

 **LES MILLS sprint**  
2:30PM - 3:00PM  
Studio 2

 **LES MILLS RPM**  
4:00PM - 4:50PM  
Studio 2

 **LES MILLS BODYPUMP**  
4:30PM - 5:30PM  
Studio 1

 **LES MILLS RPM**  
4:30PM - 5:00PM  
Club 360

 **LES MILLS sprint**  
5:30PM - 6:00PM  
Studio 2

 **LES MILLS BODYATTACK**  
5:35PM - 6:35PM  
Studio 1

 **LES MILLS RPM**  
6:30PM - 7:20PM  
Studio 2

 **LES MILLS GRIT** | CARDIO  
8:00PM - 8:30PM  
Studio 1

Friday

 **LES MILLS BODYCOMBAT**  
5:30PM - 6:00PM  
Studio 1

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.

**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.

**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.



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

**LES MILLS**  
**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**Strength Rotation**

Pump, Grit, Core, Strong



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**  
**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**  
**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.



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

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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.

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#### **Yoga**

Vinyasa Yoga with breathing and meditation to help you move through the poses.

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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.

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## Club 4 Fitness - Hillcrest

### March Group Exercise Timetable