

# Club 4 Fitness - Tillman's Corner May Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>sprint</b> 5:15AM - 5:45AM Cycle</p> <p> <b>BODYPUMP</b> 5:15AM - 6:15AM Studio/Group</p> <p> <b>CORE</b> 6:30AM - 7:00AM Studio/Group</p> <p> <b>RPM</b> 7:00AM - 7:50AM Cycle</p> <p> <b>WERQ</b> 8:30AM - 9:30AM Studio/Group</p> <p> <b>sprint</b> 9:10AM - 9:40AM Cycle</p> <p> <b>CORE</b> 9:45AM - 10:15AM Studio/Group</p> <p> <b>BODYPUMP</b> 12:00PM - 1:00PM Studio/Group</p> <p> <b>Club360</b> 12:00PM - 12:45PM Club360</p> <p> <b>barre</b> 2:00PM - 2:30PM Studio/Group</p> <p> <b>sprint</b> 3:30PM - 4:00PM Cycle</p> <p> <b>BODYCOMBAT</b> 4:30PM - 5:30PM Studio/Group</p>	<p> <b>BODYCOMBAT</b> 5:15AM - 6:15AM Studio/Group</p> <p> <b>RPM</b> 5:15AM - 6:05AM Cycle</p> <p> <b>BODYPUMP</b> 6:30AM - 7:15AM Studio/Group</p> <p> <b>sprint</b> 7:30AM - 8:00AM Cycle</p> <p> <b>sprint</b> 8:05AM - 8:35AM Cycle</p> <p> <b>BODYPUMP</b> 8:30AM - 9:30AM Studio/Group</p> <p><b>Barre Pilates Combo</b> 9:40AM - 10:40AM Studio/Group</p> <p> <b>BODYCOMBAT</b> 12:00PM - 12:30PM Studio/Group</p> <p> <b>Club360</b> 12:30PM - 1:00PM Club360</p> <p> <b>CORE</b> 12:30PM - 1:00PM Studio/Group</p> <p> <b>RPM</b> 2:00PM - 2:50PM Cycle</p> <p> <b>BODYPUMP</b> 4:00PM - 4:45PM Studio/Group</p>	<p> <b>BODYPUMP</b> 5:15AM - 6:15AM Studio/Group</p> <p> <b>sprint</b> 5:15AM - 5:45AM Cycle</p> <p> <b>RPM</b> 8:00AM - 8:50AM Cycle</p> <p> <b>BODYCOMBAT</b> 8:30AM - 9:30AM Studio/Group</p> <p> <b>sprint</b> 9:45AM - 10:15AM Cycle</p> <p> <b>BODYPUMP</b> 12:00PM - 1:00PM Studio/Group</p> <p> <b>sprint</b> 12:00PM - 12:30PM Cycle</p> <p> <b>RPM</b> 5:15PM - 6:15PM Cycle</p> <p> <b>BODYPUMP</b> 6:00PM - 7:00PM Studio/Group</p>	<p> <b>RPM</b> 5:15AM - 6:15AM Cycle</p> <p> <b>GRIT   CARDIO</b> 5:15AM - 5:45AM Studio/Group</p> <p> <b>BODYPUMP</b> 6:15AM - 7:15AM Studio/Group</p> <p> <b>sprint</b> 7:30AM - 8:00AM Cycle</p> <p> <b>sprint</b> 8:05AM - 8:35AM Cycle</p> <p> <b>BODYPUMP</b> 8:30AM - 9:30AM Studio/Group</p> <p> <b>Club360</b> 8:30AM - 9:00AM Club360</p> <p> <b>RPM</b> 9:30AM - 10:30AM Cycle</p> <p> <b>BODYFLOW</b> 10:30AM - 11:30AM Studio/Group</p> <p> <b>BODYCOMBAT</b> 12:00PM - 12:30PM Studio/Group</p> <p> <b>Club360</b> 12:00PM - 12:45PM Club360</p> <p> <b>CORE</b> 12:30PM - 1:00PM Studio/Group</p>	<p> <b>CORE</b> 5:15AM - 5:45AM Studio/Group</p> <p> <b>sprint</b> 5:15AM - 5:45AM Cycle</p> <p> <b>BODYFLOW</b> 5:45AM - 6:15AM Studio/Group</p> <p> <b>sprint</b> 5:50AM - 6:20AM Cycle</p> <p> <b>BODYCOMBAT</b> 6:30AM - 7:30AM Studio/Group</p> <p> <b>BODYATTACK</b> 8:30AM - 9:30AM Studio/Group</p> <p> <b>CORE</b> 9:45AM - 10:15AM Studio/Group</p> <p> <b>RPM</b> 10:30AM - 11:20AM Cycle</p> <p> <b>GRIT   STRENGTH</b> 12:00PM - 12:30PM Studio/Group</p> <p> <b>sprint</b> 3:00PM - 3:30PM Cycle</p> <p> <b>BODYPUMP</b> 4:00PM - 5:00PM Studio/Group</p> <p> <b>BODYFLOW</b> 5:15PM - 5:45PM Studio/Group</p>	<p> <b>sprint</b> 7:15AM - 7:45AM Cycle</p> <p> <b>BODYPUMP</b> 8:05AM - 9:05AM Studio/Group</p> <p><b>CARDIO ROTATION</b> 9:10AM - 10:10AM Studio/Group</p> <p> <b>BODYFLOW</b> 10:15AM - 11:15AM Studio/Group</p> <p> <b>RPM</b> 12:00PM - 12:50PM Cycle</p> <p> <b>GRIT   STRENGTH</b> 3:00PM - 3:30PM Studio/Group</p> <p> <b>BODYFLOW</b> 3:40PM - 4:10PM Studio/Group</p>	<p> <b>RPM</b> 8:00AM - 8:50AM Cycle</p> <p> <b>GRIT   CARDIO</b> 8:45AM - 9:15AM Studio/Group</p> <p> <b>CORE</b> 9:15AM - 9:45AM Studio/Group</p> <p> <b>barre</b> 9:50AM - 10:20AM Studio/Group</p> <p> <b>sprint</b> 10:15AM - 10:45AM Cycle</p> <p> <b>RPM</b> 12:00PM - 12:50PM Cycle</p> <p> <b>GRIT   STRENGTH</b> 1:00PM - 1:30PM Studio/Group</p> <p> <b>CORE</b> 1:50PM - 2:20PM Studio/Group</p> <p> <b>BODYFLOW</b> 2:30PM - 3:30PM Studio/Group</p> <p> <b>sprint</b> 3:45PM - 4:15PM Cycle</p> <p> <b>BODYPUMP</b> 5:00PM - 6:00PM Studio/Group</p>

Monday



5:00PM - 5:45PM  
Club360



5:35PM - 6:05PM  
Studio/Group



6:15PM - 7:15PM  
Studio/Group



7:30PM - 8:20PM  
Cycle

Tuesday



5:00PM - 6:00PM  
Studio/Group



6:00PM - 6:30PM  
Cycle



6:30PM - 7:00PM  
Studio/Group

Wednesday

Thursday



2:30PM - 3:30PM  
Studio/Group



3:30PM - 4:00PM  
Cycle



5:00PM - 5:45PM  
Club360



5:35PM - 6:35PM  
Studio/Group



6:40PM - 7:10PM  
Cycle



7:15PM - 7:45PM  
Studio/Group

Friday

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 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 GRIT | CARDIO

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

## 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.

## 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.



TRX STRENGTH - PREMIUM PLUS Join us as we take resistance training to a whole new level in TRX Strength! We will focus on proper form, slow down the movements and make each set a little harder than the last in this total body 45 minute class. TRX Strength will make you rethink "strength training" and get back to the basics of using your own body as resistance.

## 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.



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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ZUMBA - Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

Club 4 Fitness - Tillman's  
Corner  
March Group Exercise  
Timetable