

Club 4 Fitness - Prattville Group Exercise May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:15AM - 6:05AM Studio 2</p> <p> LES MILLS RPM 5:30AM - 6:30AM 360</p> <p> LES MILLS sprint 6:30AM - 7:00AM Studio 2</p> <p> LES MILLS RPM 7:00AM - 8:00AM 360</p> <p> LES MILLS RPM 7:30AM - 8:20AM Studio 2</p> <p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS GRIT STRENGTH 9:00AM - 9:30AM Studio 1</p> <p> LES MILLS RPM 10:00AM - 10:50AM Studio 2</p> <p> LES MILLS BODYPUMP 10:00AM - 10:30AM Studio 1</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Studio 1</p> <p> LES MILLS RPM 12:10PM - 1:00PM Studio 2</p> <p> LES MILLS RPM 4:30PM - 5:00PM Studio 2</p>	<p> LES MILLS sprint 5:15AM - 5:45AM Studio 2</p> <p> LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Studio 1</p> <p> LES MILLS CORE 5:50AM - 6:20AM Studio 1</p> <p> LES MILLS RPM 6:15AM - 7:05AM Studio 2</p> <p> LES MILLS RPM 7:00AM - 8:00AM 360</p> <p> LES MILLS sprint 7:30AM - 8:00AM Studio 2</p> <p> LES MILLS RPM 8:00AM - 8:30AM 360</p> <p> LES MILLS BODYATTACK 8:00AM - 8:30AM Studio 1</p> <p> LES MILLS BODYPUMP 8:35AM - 9:35AM Studio 1</p> <p> LES MILLS sprint 9:15AM - 9:45AM Studio 2</p> <p> LES MILLS BODYFLOW 10:00AM - 11:00AM 360</p> <p> LES MILLS BODYFLOW 12:00PM - 12:45PM Studio 1</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Studio 2</p> <p> LES MILLS RPM 5:30AM - 6:30AM 360</p> <p> LES MILLS sprint 6:30AM - 7:00AM Studio 2</p> <p> LES MILLS RPM 7:00AM - 7:45AM 360</p> <p> LES MILLS RPM 7:30AM - 8:20AM Studio 2</p> <p> LES MILLS CORE 8:00AM - 8:30AM Studio 1</p> <p> LES MILLS STEP 8:30AM - 9:30AM Studio 1</p> <p> LES MILLS RPM 9:30AM - 10:30AM Studio 1</p> <p> LES MILLS RPM 10:00AM - 11:00AM Studio 2</p> <p> LES MILLS BODYPUMP 12:00PM - 12:45PM Studio 1</p> <p> LES MILLS RPM 12:10PM - 1:00PM Studio 2</p> <p> LES MILLS RPM 4:30PM - 5:20PM Studio 2</p>	<p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM Studio 1</p> <p> LES MILLS sprint 5:15AM - 5:45AM Studio 2</p> <p> LES MILLS CORE 5:50AM - 6:20AM Studio 1</p> <p> LES MILLS RPM 6:15AM - 7:05AM Studio 2</p> <p> LES MILLS RPM 7:00AM - 8:00AM 360</p> <p> LES MILLS sprint 7:30AM - 8:00AM Studio 2</p> <p> LES MILLS BODYPUMP 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS RPM 9:15AM - 10:15AM Studio 2</p> <p> LES MILLS RPM 10:00AM - 11:00AM 360</p> <p> LES MILLS BODYFLOW 12:00PM - 12:45PM Studio 1</p> <p> LES MILLS sprint 12:15PM - 12:45PM Studio 2</p> <p> LES MILLS sprint 4:30PM - 5:00PM Studio 2</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Studio 2</p> <p> LES MILLS RPM 5:30AM - 6:30AM 360</p> <p> LES MILLS sprint 6:30AM - 7:00AM Studio 2</p> <p> LES MILLS RPM 7:00AM - 7:45AM 360</p> <p> LES MILLS RPM 7:30AM - 8:20AM Studio 2</p> <p> LES MILLS RPM 8:15AM - 9:15AM Studio 1</p> <p> LES MILLS RPM 9:30AM - 10:00AM 360</p> <p> LES MILLS BODYPUMP 10:00AM - 10:30AM Studio 1</p> <p> LES MILLS RPM 10:00AM - 10:50AM Studio 2</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Studio 1</p> <p> LES MILLS RPM 12:10PM - 1:00PM Studio 2</p> <p> LES MILLS RPM 4:30PM - 5:00PM Studio 2</p>	<p> ZUMBA fitness 8:00AM - 9:00AM 360</p> <p> ZUMBA fitness 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS RPM 8:30AM - 9:30AM Studio 2</p> <p> LES MILLS BODYPUMP 9:00AM - 10:00AM Studio 1</p> <p> LES MILLS sprint 10:00AM - 10:30AM Studio 2</p> <p> LES MILLS BODYCOMBAT 10:05AM - 10:50AM Studio 1</p> <p> LES MILLS BODYFLOW 10:50AM - 11:35AM Studio 1</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1</p>	<p> LES MILLS BODYFLOW 8:00AM - 8:45AM Studio 1</p> <p> LES MILLS sprint 8:30AM - 9:00AM Studio 2</p> <p> LES MILLS SH'BAM 9:00AM - 9:45AM Studio 1</p> <p> LES MILLS RPM 9:15AM - 10:05AM Studio 2</p> <p> LES MILLS BODYPUMP 10:00AM - 11:00AM Studio 1</p> <p> LES MILLS BODYCOMBAT 12:00PM - 1:00PM Studio 1</p>

Monday



4:45PM - 5:30PM
Studio 1



5:00PM - 5:30PM
360



5:30PM - 6:30PM
Studio 1



5:30PM - 6:00PM
Studio 2



6:00PM - 7:00PM
360



6:45PM - 7:35PM
Studio 2

Tuesday



12:15PM - 12:45PM
Studio 2



4:30PM - 5:00PM
Studio 2



5:30PM - 6:30PM
Studio 2



5:30PM - 6:30PM
360



5:30PM - 6:30PM
Studio 1



6:30PM - 7:30PM
Studio 1



7:00PM - 7:30PM
Studio 2

Wednesday



5:00PM - 5:30PM
360



5:30PM - 6:00PM
Studio 1



6:00PM - 7:00PM
360



6:05PM - 6:35PM
Studio 2



6:05PM - 6:35PM
Studio 1



6:40PM - 7:40PM
Studio 1



6:45PM - 7:35PM
Studio 2

Thursday



5:30PM - 6:20PM
Studio 2



5:30PM - 6:30PM
360



5:30PM - 6:30PM
Studio 1



6:35PM - 7:35PM
Studio 1



7:00PM - 7:30PM
Studio 2

Friday



5:30PM - 6:30PM
Studio 1



6:00PM - 7:00PM
360



6:05PM - 6:35PM
Studio 2

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.



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.



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.



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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 | 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.



PIYO is fitness plan that combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. ... PiYo is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises



ROPES UNLEASHED - PREMIUM PLUS Hate Cardio? Not anymore... This dynamic, high intensity class centered around battle ropes, intense core exercises, bursts of body weight conditioning and active rest periods will make you re-think skipping cardio.

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 SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

LES MILLS sprint

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

STEP

Step is an aerobic workout that uses basic step moves and athletic training to lift your heart rate, shape your legs and body, and have a fun time.



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 BURN - PREMIUM PLUS Our TRX BURN class is the perfect way to get an absolute calorie burn while improving strength and mobility all in one. Time flies by as you quickly transition between body weight exercises that can be easily modified to give each person the level of intensity he/she is looking to achieve.



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 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 BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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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 RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

 **LES MILLS SHBAM**

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.

 **ZUMBA**
fitness

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.

Group Exercise Timetable