

# Club 4 Fitness Longview May 2021 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYCOMBAT</b> 5:30AM - 6:00AM Studio Fitness</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:15AM Studio Fitness</p>	<p> <b>LES MILLS BODYFLOW</b> 5:30AM - 6:15AM Studio Fitness</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:00AM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 5:00AM - 5:50AM Cycle Studio</p>	<p> <b>LES MILLS sprint</b> 8:15AM - 8:45AM Cycle Studio</p>	<p> <b>LES MILLS SH'BAM</b> 11:00AM - 11:45AM Studio Fitness</p>
<p> <b>LES MILLS sprint</b> 6:05AM - 6:35AM Cycle Studio</p>	<p> <b>LES MILLS RPM</b> 6:15AM - 7:05AM Cycle Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 6:35AM - 7:05AM Studio Fitness</p>	<p> <b>LES MILLS CORE</b> 6:05AM - 6:35AM Studio Fitness</p>	<p> <b>LES MILLS barre</b> 5:30AM - 6:00AM Studio Fitness</p>	<p> <b>LES MILLS barre</b> 8:45AM - 9:15AM Studio Fitness</p>	<p> <b>LES MILLS barre</b> 12:00PM - 12:30PM Studio Fitness</p>
<p> <b>LES MILLS BODYPUMP</b> 6:35AM - 7:20AM Studio Fitness</p>	<p> <b>LES MILLS sprint</b> 8:00AM - 8:30AM Cycle Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:15AM Studio Fitness</p>	<p> <b>LES MILLS sprint</b> 6:35AM - 7:05AM Cycle Studio</p>	<p> <b>LES MILLS RPM</b> 6:15AM - 7:05AM Cycle Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 9:30AM - 10:30AM Studio Fitness</p>	<p> <b>LES MILLS sprint</b> 1:15PM - 1:45PM Cycle Studio</p>
<p> <b>LES MILLS RPM</b> 8:30AM - 9:20AM Cycle Studio</p>	<p> <b>LES MILLS SH'BAM</b> 8:30AM - 9:15AM Studio Fitness</p>	<p> <b>ZUMBA fitness</b> 9:30AM - 10:30AM Studio Fitness</p>	<p> <b>LES MILLS BODYFLOW</b> 8:30AM - 9:15AM Studio Fitness</p>	<p> <b>ZUMBA fitness</b> 8:30AM - 9:30AM Studio Fitness</p>	<p> <b>Club360 Classes</b> 10:00AM - 10:30AM Club360 Classes</p>	<p> <b>LES MILLS RPM</b> 2:15PM - 3:05PM Cycle Studio</p>
<p> <b>LES MILLS BODYCOMBAT</b> 9:35AM - 10:20AM Studio Fitness</p>	<p> <b>LES MILLS BODYPUMP</b> 9:35AM - 10:05AM Studio Fitness</p>	<p> <b>LES MILLS GRIT   STRENGTH</b> 10:45AM - 11:15AM Studio Fitness</p>	<p> <b>LES MILLS BODYPUMP</b> 9:35AM - 10:20AM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 9:35AM - 10:25AM Cycle Studio</p>	<p> <b>LES MILLS CORE</b> 10:35AM - 11:05AM Studio Fitness</p>	<p> <b>LES MILLS GRIT   STRENGTH</b> 3:30PM - 4:00PM Studio Fitness</p>
<p> <b>ZUMBA fitness</b> 10:35AM - 11:35AM Studio Fitness</p>	<p> <b>LES MILLS CORE</b> 10:10AM - 10:40AM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 12:00PM - 12:50PM Cycle Studio</p>	<p> <b>LES MILLS BODYCOMBAT</b> 10:30AM - 11:15AM Studio Fitness</p>	<p> <b>LES MILLS barre</b> 10:35AM - 11:05AM Studio Fitness</p>	<p> <b>LES MILLS BODYFLOW</b> 11:15AM - 12:10PM Studio Fitness</p>	<p> <b>LES MILLS BODYFLOW</b> 5:00PM - 5:45PM Studio Fitness</p>
<p> <b>LES MILLS BODYPUMP</b> 12:15PM - 1:00PM Studio Fitness</p>	<p> <b>LES MILLS BODYFLOW</b> 10:45AM - 11:15AM Studio Fitness</p>	<p> <b>LES MILLS BODYCOMBAT</b> 12:15PM - 1:00PM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 11:00AM - 11:30AM Cycle Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 5:45PM - 6:15PM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 12:15PM - 1:05PM Cycle Studio</p>	
<p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:30PM Studio Fitness</p>	<p> <b>LES MILLS SH'BAM</b> 12:15PM - 1:00PM Studio Fitness</p>	<p> <b>LES MILLS SH'BAM</b> 4:30PM - 5:00PM Studio Fitness</p>	<p> <b>LES MILLS GRIT   ATHLETIC</b> 12:00PM - 12:30PM Studio Fitness</p>	<p> <b>LES MILLS sprint</b> 6:30PM - 7:00PM Cycle Studio</p>	<p> <b>LES MILLS SH'BAM</b> 1:00PM - 1:45PM Studio Fitness</p>	
<p> <b>LES MILLS BODYPUMP</b> 5:35PM - 6:20PM Studio Fitness</p>	<p> <b>LES MILLS barre</b> 4:25PM - 4:55PM Studio Fitness</p>	<p> <b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p>	<p> <b>LES MILLS CORE</b> 12:30PM - 1:00PM Studio Fitness</p>	<p> <b>LES MILLS SH'BAM</b> 7:15PM - 7:45PM Studio Fitness</p>	<p> <b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM Studio Fitness</p>	
<p> <b>Club360 Classes</b> 6:30PM - 7:00PM Club360 Classes</p>	<p> <b>ZUMBA fitness</b> 5:00PM - 6:00PM Studio Fitness</p>	<p> <b>LES MILLS BODYPUMP</b> 5:35PM - 6:20PM Studio Fitness</p>	<p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:00PM Studio Fitness</p>		<p> <b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycle Studio</p>	
<p> <b>LES MILLS sprint</b> 6:35PM - 7:05PM Cycle Studio</p>	<p> <b>LES MILLS RPM</b> 5:30PM - 6:20PM Cycle Studio</p>	<p> <b>Club360 Classes</b> 6:30PM - 7:00PM Club360 Classes</p>	<p> <b>LES MILLS CORE</b> 5:00PM - 5:30PM Studio Fitness</p>			
<p> <b>LES MILLS BODYFLOW</b> 7:15PM - 7:45PM Studio Fitness</p>	<p> <b>LES MILLS CORE</b> 6:05PM - 6:35PM Studio Fitness</p>	<p> <b>LES MILLS RPM</b> 6:30PM - 7:20PM Cycle Studio</p>	<p> <b>ZUMBA fitness</b> 5:35PM - 6:35PM Studio Fitness</p>			

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



6:30PM - 7:00PM  
Club360 Classes

**LES MILLS**  
**BODYPUMP**

6:40PM - 7:25PM  
Studio Fitness

**LES MILLS**  
**barre**

7:35PM - 8:05PM  
Studio Fitness

**LES MILLS**  
**CORE**

7:10PM - 7:40PM  
Studio Fitness

**LES MILLS**  
**RPM**

6:00PM - 6:50PM  
Cycle Studio



6:30PM - 7:00PM  
Club360 Classes

**LES MILLS**  
**GRIT** | STRENGTH

6:40PM - 7:10PM  
Studio Fitness

**LES MILLS**  
**BODYFLOW**

7:15PM - 7:45PM  
Studio Fitness

# Club 4 Fitness Longview May 2021 Group Fitness Classes

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**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** | 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.

**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**  
**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**  
**RPM**

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



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 Fitness Classes

### Studio Classes