

Club 4 Fitness - McKinney Studio Fitness- May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:30AM - 6:30AM Group Studio	 5:30AM - 6:30AM Group Studio	 5:30AM - 6:30AM Group Studio	 5:30AM - 6:00AM Cycle Studio	 5:30AM - 6:30AM Group Studio	 7:00AM - 8:00AM Group Studio	 7:00AM - 7:30AM Group Studio
 6:35AM - 7:35AM Group Studio	 8:30AM - 9:00AM Group Studio	 9:30AM - 10:00AM Group Studio	 6:30AM - 7:00AM Group Studio	 6:35AM - 7:25AM Cycle Studio	 8:40AM - 9:25AM Cycle Studio	 9:00AM - 9:30AM Cycle Studio
 9:00AM - 9:30AM Club360 Studio	 9:35AM - 10:20AM Group Studio	<p>Core</p> 10:00AM - 10:30AM Group Studio	 9:30AM - 10:30AM Group Studio	 9:00AM - 9:30AM Cycle Studio	 9:30AM - 10:00AM Club360 Studio	 9:30AM - 10:30AM Group Studio
 9:30AM - 10:30AM Group Studio	 10:00AM - 10:30AM Club360 Studio	 10:35AM - 11:05AM Cycle Studio	 9:30AM - 10:00AM Club360 Studio	 9:00AM - 9:30AM Club360 Studio	 9:30AM - 10:30AM Group Studio	 10:35AM - 11:35AM Group Studio
 10:35AM - 11:35AM Group Studio	 10:25AM - 11:25AM Group Studio	 11:00AM - 11:30AM Club360 Studio	 10:35AM - 11:35AM Group Studio	 9:35AM - 10:35AM Group Studio	 10:35AM - 11:35AM Group Studio	 11:40AM - 12:30PM Cycle Studio
 12:00PM - 12:30PM Group Studio	 12:00PM - 12:30PM Cycle Studio	 11:10AM - 12:10PM Group Studio	 12:30PM - 1:00PM Cycle Studio	 10:40AM - 11:40AM Group Studio	 11:40AM - 12:30PM Cycle Studio	 1:00PM - 2:00PM Group Studio
 2:30PM - 3:30PM Group Studio	 2:30PM - 3:30PM Group Studio	 12:30PM - 1:00PM Group Studio	 3:20PM - 4:20PM Group Studio	 12:00PM - 12:30PM Group Studio	 1:00PM - 1:30PM Group Studio	 3:00PM - 3:30PM Cycle Studio
 4:30PM - 5:15PM Cycle Studio	 4:30PM - 5:30PM Group Studio	 2:30PM - 3:30PM Group Studio	 4:00PM - 4:30PM Cycle Studio	 2:30PM - 3:30PM Group Studio	 3:30PM - 4:30PM Group Studio	 4:05PM - 4:35PM Group Studio
 5:30PM - 6:30PM Group Studio	 5:00PM - 5:30PM Club360 Studio	 4:00PM - 4:30PM Club360 Studio	 4:30PM - 5:00PM Group Studio	 4:30PM - 5:00PM Club360 Studio	 5:30PM - 6:20PM Cycle Studio	
 6:00PM - 6:30PM Club360 Studio	 5:35PM - 6:35PM Group Studio	 4:30PM - 5:30PM Group Studio	 5:05PM - 5:35PM Group Studio	 4:30PM - 5:30PM Group Studio		
 6:35PM - 7:35PM Group Studio	 6:40PM - 7:10PM Group Studio	 5:35PM - 6:05PM Group Studio	 5:30PM - 6:00PM Club360 Studio	 5:35PM - 6:05PM Group Studio		
 7:45PM - 8:15PM Group Studio		 6:10PM - 6:40PM Cycle Studio	 5:40PM - 6:40PM Group Studio	 6:10PM - 6:40PM Group Studio		

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



6:45PM - 7:15PM
Group Studio



8:00PM - 8:45PM
Group Studio



6:45PM - 7:45PM
Group Studio



6:45PM - 7:35PM
Cycle Studio

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 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.



HIGH fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks.

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.



POP Pilates is a strength and flexibility workout and can be done in bare feet on nothing but a yoga mat or the floor. There's absolutely no equipment needed (other than the mat), because all of the resistance work is done using your own bodyweight.

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.

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.

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 | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

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.



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 -
McKinney**
Studio Fitness Schedule