

Club 4 Fitness - Coppell Group Exercise July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio 1</p> <p> LES MILLS RPM 8:30AM - 9:20AM Cycle</p> <p> POP PILATES 8:30AM - 9:30AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM Studio 1</p> <p>LES MILLS BODYPUMP 10:35AM - 11:35AM Studio 1</p> <p> LES MILLS BODYPUMP 12:30PM - 1:30PM Studio 1</p> <p> ZUMBF 4:30PM - 5:30PM Studio 1</p> <p>LES MILLS BODYPUMP 5:35PM - 6:35PM Studio 1</p> <p> LES MILLS sprint 6:40PM - 7:10PM Cycle</p>	<p> LES MILLS sprint 5:30AM - 6:00AM Cycle</p> <p> LES MILLS BODYCOMBAT 5:45AM - 6:30AM club 360</p> <p> LES MILLS BODYCOMBAT 6:30AM - 7:30AM Studio 1</p> <p> LES MILLS GRIT STRENGTH 8:30AM - 9:00AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:00AM Studio 1</p> <p>LES MILLS BODYPUMP 10:05AM - 11:05AM Studio 1</p> <p>LES MILLS sprint 11:10AM - 11:40AM Cycle</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM Studio 1</p> <p>BOLLY X 5:35PM - 6:35PM Studio 1</p> <p> LES MILLS sprint 6:40PM - 7:40PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 5:30AM - 6:00AM Studio 1</p> <p> LES MILLS CORE 6:05AM - 6:50AM Studio 1</p> <p> LES MILLS sprint 8:30AM - 9:00AM Cycle</p> <p> POP PILATES 8:30AM - 9:30AM Studio 1</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p> <p> LES MILLS barre 10:35AM - 11:05AM Studio 1</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:30PM Studio 1</p> <p> ZUMBF 6:35PM - 7:35PM Studio 1</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Cycle</p> <p> LES MILLS BODYCOMBAT 6:30AM - 7:30AM Studio 1</p> <p> LES MILLS BODYCOMBAT 8:25AM - 9:25AM Studio 1</p> <p>LES MILLS SH'BAM 9:30AM - 10:30AM Studio 1</p> <p> LES MILLS GRIT STRENGTH 10:30AM - 11:00AM Studio 1</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p> LES MILLS RPM 4:30PM - 5:20PM Cycle</p> <p> LES MILLS SH'BAM 4:30PM - 5:15PM Studio 1</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p> LES MILLS sprint 6:00PM - 6:30PM club 360</p> <p> LES MILLS sprint 6:35PM - 7:05PM Cycle</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio 1</p> <p> LES MILLS RPM 5:30AM - 6:00AM club 360</p> <p> LES MILLS RPM 8:30AM - 9:20AM Cycle</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p> <p> LES MILLS BODYFLOW 10:35AM - 11:35AM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 12:30PM - 1:00PM Studio 1</p> <p> LES MILLS CORE 1:05PM - 1:50PM Studio 1</p> <p> LES MILLS sprint 4:30PM - 5:00PM Cycle</p> <p> LES MILLS GRIT ATHLETIC 5:30PM - 6:00PM Studio 1</p> <p> LES MILLS CORE 6:05PM - 6:50PM Studio 1</p> <p>LES MILLS BODYFLOW 7:00PM - 8:00PM Studio 1</p>	<p> LES MILLS sprint 7:45AM - 8:15AM Cycle</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS CORE 10:40AM - 11:10AM Studio 1</p> <p> ZUMBF 11:20AM - 12:20PM Studio 1</p> <p> LES MILLS RPM 1:00PM - 1:45PM club 360</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycle</p> <p> LES MILLS BODYCOMBAT 5:00PM - 6:00PM Studio 1</p> <p> LES MILLS BODYFLOW 6:05PM - 7:05PM Studio 1</p>	<p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM Studio 1</p> <p>LES MILLS SH'BAM 9:35AM - 10:20AM Studio 1</p> <p> LES MILLS GRIT CARDIO 10:30AM - 11:30AM Studio 1</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS sprint 4:30PM - 5:00PM Cycle</p> <p> LES MILLS GRIT CARDIO 5:30PM - 6:00PM Studio 1</p> <p> LES MILLS BODYPUMP 6:05PM - 7:05PM Studio 1</p>

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.

BOLLY X

BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music from around the world.



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.

LES MILLS CORE

LES MILLS CORE is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.



POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

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.



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

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 | 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 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.



Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation



Zumba is one of the most fun and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level



Club 4 Fitness - Coppell
Group Exercise Timetable