

















# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>CYCLE</b> 8:00AM - 8:45AM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 8:00AM - 8:45AM Group Fitness Studio</p> <p> 8:15AM - 8:45AM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 10:00AM - 10:45AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p> 12:15PM - 1:00PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS CORE</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p> 4:00PM - 4:30PM CLUB 360 - PREMIUM PLUS</p> <p><b>CLUB DANCE</b> 4:35PM - 5:20PM Group Fitness Studio</p> <p> 4:45PM - 5:30PM CLUB 360 - PREMIUM PLUS</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS CORE</b> 5:50AM - 6:20AM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 8:15AM - 8:45AM Cycle Studio</p> <p><b>LES MILLS BODYATTACK</b> 8:15AM - 9:15AM Group Fitness Studio</p> <p><b>Mat Pilates</b> 9:20AM - 10:05AM Group Fitness Studio</p> <p><b>AQUA F.I.T.</b> 10:00AM - 10:45AM Pool</p> <p><b>LES MILLS CORE</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 12:15PM - 12:45PM Cycle Studio</p> <p> 12:15PM - 1:00PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS GRIT   STRENGTH</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 4:00PM - 4:30PM Cycle Studio</p> <p> 4:00PM - 4:45PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p>	<p><b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>LES MILLS GRIT   STRENGTH</b> 8:15AM - 8:45AM Group Fitness Studio</p> <p> 8:15AM - 9:00AM CLUB 360 - PREMIUM PLUS</p> <p><b>CLUB DANCE</b> 8:50AM - 9:35AM Group Fitness Studio</p> <p><b>BARRE FUSION</b> 9:45AM - 10:30AM Group Fitness Studio</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p> 12:15PM - 1:00PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:30PM Cycle Studio</p> <p> 4:00PM - 4:30PM CLUB 360 - PREMIUM PLUS</p> <p><b>STEP</b> 4:35PM - 5:20PM Group Fitness Studio</p> <p> 4:45PM - 5:30PM CLUB 360 - PREMIUM PLUS</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Cycle Studio</p> <p><b>LES MILLS CORE</b> 5:50AM - 6:20AM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 8:15AM - 9:00AM Cycle Studio</p> <p> 8:15AM - 9:00AM Group Fitness Studio</p> <p><b>LES MILLS CORE</b> 9:05AM - 9:35AM Group Fitness Studio</p> <p><b>AQUA F.I.T.</b> 10:00AM - 10:45AM Pool</p> <p><b>LES MILLS BODYCOMBAT</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 12:15PM - 12:45PM Cycle Studio</p> <p> 12:15PM - 1:00PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p> 4:00PM - 4:45PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 5:35PM - 6:20PM Group Fitness Studio</p>	<p><b>CYCLE</b> 5:15AM - 6:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p><b>STEP</b> 8:00AM - 8:45AM Group Fitness Studio</p> <p> 8:15AM - 8:45AM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 10:00AM - 11:00AM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p><b>LES MILLS barre</b> 3:30PM - 4:00PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:30PM Cycle Studio</p> <p><b>LES MILLS SH'BAM</b> 4:35PM - 5:20PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 5:00PM - 5:30PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:20PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 6:30PM - 7:20PM Cycle Studio</p>	<p><b>CYCLE</b> 8:15AM - 9:00AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 9:05AM - 10:05AM Group Fitness Studio</p> <p><b>LES MILLS GRIT   CARDIO</b> 10:15AM - 10:45AM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 12:00PM - 12:30PM Cycle Studio</p> <p><b>LES MILLS GRIT   STRENGTH</b> 12:35PM - 1:05PM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 1:15PM - 1:45PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 3:30PM - 4:00PM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 4:00PM - 4:45PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 5:00PM - 5:50PM Cycle Studio</p>	<p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 10:00AM - 11:00AM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 11:15AM - 12:00PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 2:45PM - 3:45PM Group Fitness Studio</p> <p><b>YOGA</b> 4:00PM - 5:00PM Group Fitness Studio</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>CYCLE</b> 5:30PM - 6:15PM Cycle Studio</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 6:30PM - 7:00PM Cycle Studio</p> <p><b>LES MILLS GRIT   CARDIO</b> 7:00PM - 7:30PM Group Fitness Studio</p>	<p><b>LES MILLS BODYFLOW</b> 5:35PM - 6:20PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 5:45PM - 6:30PM Cycle Studio</p> <p> 5:45PM - 6:15PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS CORE</b> 6:30PM - 7:00PM Group Fitness Studio</p> <p><b>LES MILLS GRIT   STRENGTH</b> 7:15PM - 7:45PM Group Fitness Studio</p> <p><b>LES MILLS sprint</b> 7:45PM - 8:15PM Cycle Studio</p>	<p><b>LES MILLS sprint</b> 5:30PM - 6:00PM Cycle Studio</p> <p><b>BARRE FUSION</b> 5:30PM - 6:15PM Mind/Body Studio</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM Group Fitness Studio</p> <p><b>LES MILLS RPM</b> 6:30PM - 7:20PM Cycle Studio</p> <p><b>LES MILLS BODYCOMBAT</b> 6:45PM - 7:30PM Group Fitness Studio</p>	<p><b>LES MILLS sprint</b> 5:45PM - 6:15PM Cycle Studio</p> <p> 5:45PM - 6:15PM CLUB 360 - PREMIUM PLUS</p> <p><b>LES MILLS CORE</b> 6:25PM - 6:55PM Group Fitness Studio</p> <p><b>LES MILLS BODYFLOW</b> 7:15PM - 8:00PM Group Fitness Studio</p>			























# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule

Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM</p> <p><b>LES MILLS BODYCOMBAT</b> 8:00AM - 8:45AM</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM</p> <p><b>LES MILLS BODYFLOW</b> 10:00AM - 10:45AM</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS CORE</b> 3:30PM - 4:00PM</p> <p><b>CLUB DANCE</b> 4:35PM - 5:20PM</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 7:00PM - 7:30PM</p>	<p><b>LES MILLS CORE</b> 5:50AM - 6:20AM</p> <p><b>LES MILLS BODYATTACK</b> 8:15AM - 9:15AM</p> <p><b>Mat Pilates</b> 9:20AM - 10:05AM</p> <p><b>LES MILLS CORE</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 3:30PM - 4:00PM</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM</p> <p><b>LES MILLS BODYFLOW</b> 5:35PM - 6:20PM</p> <p><b>LES MILLS CORE</b> 6:30PM - 7:00PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 7:15PM - 7:45PM</p>	<p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 8:15AM - 8:45AM</p> <p><b>CLUB DANCE</b> 8:50AM - 9:35AM</p> <p><b>BARRE FUSION</b> 9:45AM - 10:30AM</p> <p><b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:00PM</p> <p><b>STEP</b> 4:35PM - 5:20PM</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:35PM</p> <p><b>LES MILLS BODYCOMBAT</b> 6:45PM - 7:30PM</p>	<p><b>LES MILLS CORE</b> 5:50AM - 6:20AM</p> <p>8:15AM - 9:00AM</p> <p><b>LES MILLS CORE</b> 9:05AM - 9:35AM</p> <p><b>LES MILLS BODYCOMBAT</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:30PM - 4:00PM</p> <p><b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM</p> <p><b>LES MILLS BODYCOMBAT</b> 5:35PM - 6:20PM</p> <p><b>LES MILLS CORE</b> 6:25PM - 6:55PM</p> <p><b>LES MILLS BODYFLOW</b> 7:15PM - 8:00PM</p>	<p><b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM</p> <p><b>STEP</b> 8:00AM - 8:45AM</p> <p><b>LES MILLS BODYPUMP</b> 8:50AM - 9:50AM</p> <p><b>LES MILLS BODYFLOW</b> 10:00AM - 11:00AM</p> <p><b>LES MILLS BODYFLOW</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS BODYFLOW</b> 12:15PM - 12:45PM</p> <p><b>LES MILLS BARRE</b> 3:30PM - 4:00PM</p> <p><b>LES MILLS SH'BAM</b> 4:35PM - 5:20PM</p> <p><b>LES MILLS BODYPUMP</b> 5:35PM - 6:20PM</p>	<p><b>LES MILLS BODYPUMP</b> 9:05AM - 10:05AM</p> <p><b>LES MILLS GRIT   CARDIO</b> 10:15AM - 10:45AM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 12:35PM - 1:05PM</p> <p><b>LES MILLS BODYFLOW</b> 1:15PM - 1:45PM</p> <p><b>LES MILLS BODYCOMBAT</b> 4:00PM - 4:45PM</p>	<p><b>LES MILLS BODYPUMP</b> 10:00AM - 11:00AM</p> <p><b>LES MILLS BODYFLOW</b> 11:15AM - 12:00PM</p> <p><b>LES MILLS BODYPUMP</b> 2:45PM - 3:45PM</p> <p><b>YOGA</b> 4:00PM - 5:00PM</p>

# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CYCLE</b> 5:15AM - 6:00AM	 5:15AM - 5:45AM	<b>CYCLE</b> 5:15AM - 6:00AM	 5:15AM - 5:45AM	<b>CYCLE</b> 5:15AM - 6:00AM	<b>CYCLE</b> 8:15AM - 9:00AM	 9:00AM - 9:50AM
<b>CYCLE</b> 8:00AM - 8:45AM	 8:15AM - 8:45AM	 4:00PM - 4:30PM	 8:15AM - 9:00AM	 4:00PM - 4:30PM	 12:00PM - 12:30PM	 2:00PM - 2:50PM
<b>CYCLE</b> 5:30PM - 6:15PM	 12:15PM - 12:45PM	 5:30PM - 6:00PM	 12:15PM - 12:45PM	 5:00PM - 5:30PM	 3:30PM - 4:00PM	
 6:30PM - 7:00PM	 4:00PM - 4:30PM	 6:30PM - 7:20PM	 5:45PM - 6:15PM	 6:30PM - 7:20PM	 5:00PM - 5:50PM	
	 5:45PM - 6:30PM					
	 7:45PM - 8:15PM					

# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule
















Mind/Body Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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**BARRE FUSION**  
5:30PM - 6:15PM

# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule

CLUB 360 - PREMIUM PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 8:15AM - 8:45AM	 12:15PM - 1:00PM	 8:15AM - 9:00AM	 12:15PM - 1:00PM	 8:15AM - 8:45AM		
 12:15PM - 1:00PM	 4:00PM - 4:45PM	 12:15PM - 1:00PM	 4:00PM - 4:45PM			
 4:00PM - 4:30PM	 5:45PM - 6:15PM	 4:00PM - 4:30PM	 5:45PM - 6:15PM			
 4:45PM - 5:30PM		 4:45PM - 5:30PM				

# Club 4 Fitness - Lake Harbour July 2021 Group Fitness Schedule

Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>AQUA F.I.T.</b> 10:00AM - 10:45AM		<b>AQUA F.I.T.</b> 10:00AM - 10:45AM			

## BARRE FUSION

BARRE FUSION is a low intensity interval training class that mixes elements of dance cardio, weight training, barre, and Pilates choreographed to your favorite songs for a full body burn!

## 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.



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.

## 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.



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 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 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.

## 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.

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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**  
**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.

**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**

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

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