
















Club 4 Fitness - Gulfport July Studio Fitness & Premium Plus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:05AM - 5:50AM Studio Fitness</p> <p>LES MILLS SH'BAM 6:00AM - 6:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM Studio Fitness</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p>LES MILLS barre 9:45AM - 10:15AM Studio Fitness</p> <p> 10:00AM - 10:45AM Premium Plus</p> <p>LES MILLS GRIT CARDIO 11:15AM - 11:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM Studio Fitness</p> <p>LES MILLS BODYFLOW 2:30PM - 3:30PM Studio Fitness</p> <p>LES MILLS BODYATTACK 4:30PM - 5:15PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p>	<p>LES MILLS sprint 5:05AM - 5:35AM Studio Fitness</p> <p> 5:30AM - 6:00AM Premium Plus</p> <p>Yoga 6:00AM - 7:00AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 7:10AM - 7:40AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:15AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p>LES MILLS BODYPUMP 9:45AM - 10:45AM Studio Fitness</p> <p>LES MILLS CORE 12:15PM - 12:45PM Studio Fitness</p> <p>LES MILLS CORE 3:15PM - 3:45PM Studio Fitness</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio Fitness</p> <p> 6:00PM - 7:00PM Premium Plus</p> <p>LES MILLS BODYPUMP 6:10PM - 6:55PM Studio Fitness</p>	<p>LES MILLS BODYPUMP 5:05AM - 6:05AM Studio Fitness</p> <p> 5:30AM - 6:00AM Premium Plus</p> <p>LES MILLS BODYCOMBAT 6:15AM - 7:00AM Studio Fitness</p> <p> 6:15AM - 6:45AM Premium Plus</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio Fitness</p> <p> 9:30AM - 10:00AM Premium Plus</p> <p>LES MILLS BODYFLOW 9:45AM - 10:45AM Studio Fitness</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 1:00PM - 1:45PM Studio Fitness</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio Fitness</p> <p>LES MILLS sprint 4:30PM - 5:00PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p>	<p>LES MILLS sprint 5:05AM - 5:35AM Studio Fitness</p> <p> 5:30AM - 6:00AM Premium Plus</p> <p>Yoga 6:00AM - 7:00AM Studio Fitness</p> <p>LES MILLS BODYPUMP 7:15AM - 8:15AM Studio Fitness</p> <p>LES MILLS SH'BAM 8:30AM - 9:15AM Studio Fitness</p> <p> 9:30AM - 10:15AM Premium Plus</p> <p>BODYPUMP EXPRESS 12:15PM - 12:45PM Studio Fitness</p> <p>LES MILLS SH'BAM 3:15PM - 4:00PM Studio Fitness</p> <p>RIPPED 4:30PM - 5:00PM Studio Fitness</p> <p> 4:30PM - 5:00PM Premium Plus</p> <p>LES MILLS BODYPUMP 5:30PM - 6:00PM Studio Fitness</p> <p>LES MILLS CORE 6:05PM - 6:35PM Studio Fitness</p>	<p>LES MILLS BODYPUMP 5:05AM - 5:35AM Studio Fitness</p> <p>LES MILLS CORE 5:40AM - 6:10AM Studio Fitness</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM Studio Fitness</p> <p>LES MILLS BODYPUMP 9:45AM - 10:45AM Studio Fitness</p> <p> 10:00AM - 10:45AM Premium Plus</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM Studio Fitness</p> <p>LES MILLS GRIT STRENGTH 4:15PM - 4:45PM Studio Fitness</p> <p>Spin 5:30PM - 6:00PM Studio Fitness</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:15PM Studio Fitness</p>	<p> 6:15AM - 6:45AM Premium Plus</p> <p>LES MILLS BODYFLOW 7:05AM - 8:05AM Studio Fitness</p> <p>LES MILLS sprint 8:15AM - 8:45AM Studio Fitness</p> <p>BODYPUMP EXPRESS 9:00AM - 9:30AM Studio Fitness</p> <p>LES MILLS CORE 9:30AM - 10:00AM Studio Fitness</p> <p>Extended Stretch 10:00AM - 10:30AM Studio Fitness</p> <p>LES MILLS BODYPUMP 11:30AM - 12:30PM Studio Fitness</p> <p>LES MILLS CORE 1:15PM - 1:45PM Studio Fitness</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio Fitness</p>	<p>LES MILLS sprint 8:05AM - 8:35AM Studio Fitness</p> <p>LES MILLS BODYPUMP 10:15AM - 11:15AM Studio Fitness</p> <p>LES MILLS BODYFLOW 3:15PM - 4:15PM Studio Fitness</p>

Monday

LES MILLS
BODYPUMP

5:30PM - 6:30PM
Studio Fitness



6:45PM - 7:45PM
Premium Plus

LES MILLS
barre

7:15PM - 7:45PM
Studio Fitness

Tuesday

LES MILLS
BODYFLOW

7:00PM - 8:00PM
Studio Fitness

LES MILLS
GRIT | STRENGTH

8:10PM - 8:40PM
Studio Fitness

Wednesday

LES MILLS
BODYPUMP

5:30PM - 6:30PM
Studio Fitness

LES MILLS
CORE

6:45PM - 7:15PM
Studio Fitness

LES MILLS
SH'BAM

7:30PM - 8:00PM
Studio Fitness

Thursday



6:30PM - 7:00PM
Premium Plus

LES MILLS
BODYFLOW

7:15PM - 8:00PM
Studio Fitness

Friday

Saturday

Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:05AM - 5:50AM</p> <p>LES MILLS SH'BAM 6:00AM - 6:45AM</p> <p>LES MILLS BODYCOMBAT 7:00AM - 8:00AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>barre 9:45AM - 10:15AM</p> <p>LES MILLS GRIT CARDIO 11:15AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM</p> <p>LES MILLS BODYFLOW 2:30PM - 3:30PM</p> <p>LES MILLS BODYATTACK 4:30PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>barre 7:15PM - 7:45PM</p>	<p>LES MILLS sprint 5:05AM - 5:35AM</p> <p>Yoga 6:00AM - 7:00AM</p> <p>LES MILLS BODYCOMBAT 7:10AM - 7:40AM</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:15AM</p> <p>LES MILLS BODYPUMP 9:45AM - 10:45AM</p> <p>LES MILLS CORE 12:15PM - 12:45PM</p> <p>LES MILLS CORE 3:15PM - 3:45PM</p> <p>LES MILLS sprint 5:30PM - 6:00PM</p> <p>LES MILLS BODYPUMP 6:10PM - 6:55PM</p> <p>LES MILLS BODYFLOW 7:00PM - 8:00PM</p> <p>LES MILLS GRIT STRENGTH 8:10PM - 8:40PM</p>	<p>LES MILLS BODYPUMP 5:05AM - 6:05AM</p> <p>LES MILLS BODYCOMBAT 6:15AM - 7:00AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>LES MILLS BODYFLOW 9:45AM - 10:45AM</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 1:00PM - 1:45PM</p> <p>LES MILLS RPM 3:00PM - 3:50PM</p> <p>LES MILLS sprint 4:30PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>LES MILLS CORE 6:45PM - 7:15PM</p> <p>LES MILLS SH'BAM 7:30PM - 8:00PM</p>	<p>LES MILLS sprint 5:05AM - 5:35AM</p> <p>Yoga 6:00AM - 7:00AM</p> <p>LES MILLS BODYPUMP 7:15AM - 8:15AM</p> <p>LES MILLS SH'BAM 8:30AM - 9:15AM</p> <p>BODYPUMP EXPRESS 12:15PM - 12:45PM</p> <p>LES MILLS SH'BAM 3:15PM - 4:00PM</p> <p>RIPPED 4:30PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:00PM</p> <p>LES MILLS CORE 6:05PM - 6:35PM</p> <p>LES MILLS BODYFLOW 7:15PM - 8:00PM</p>	<p>LES MILLS BODYPUMP 5:05AM - 5:35AM</p> <p>LES MILLS CORE 5:40AM - 6:10AM</p> <p>LES MILLS BODYFLOW 8:30AM - 9:30AM</p> <p>LES MILLS BODYPUMP 9:45AM - 10:45AM</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM</p> <p>LES MILLS GRIT STRENGTH 4:15PM - 4:45PM</p> <p>Spin 5:30PM - 6:00PM</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:15PM</p>	<p>LES MILLS BODYFLOW 7:05AM - 8:05AM</p> <p>LES MILLS sprint 8:15AM - 8:45AM</p> <p>BODYPUMP EXPRESS 9:00AM - 9:30AM</p> <p>LES MILLS CORE 9:30AM - 10:00AM</p> <p>Extended Stretch 10:00AM - 10:30AM</p> <p>LES MILLS BODYPUMP 11:30AM - 12:30PM</p> <p>LES MILLS CORE 1:15PM - 1:45PM</p> <p>LES MILLS RPM 2:00PM - 2:50PM</p>	<p>LES MILLS sprint 8:05AM - 8:35AM</p> <p>LES MILLS BODYPUMP 10:15AM - 11:15AM</p> <p>LES MILLS BODYFLOW 3:15PM - 4:15PM</p>

Club 4 Fitness - Gulfport July Studio Fitness & Premium Plus

Functional Training

Monday

Tuesday

Wednesday

Thursday


















Friday

Saturday

Sunday

Club 4 Fitness - Gulfport July Studio Fitness & Premium Plus

Premium Plus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 9:30AM - 10:00AM	 5:30AM - 6:00AM	 5:30AM - 6:00AM	 5:30AM - 6:00AM	 10:00AM - 10:45AM	 6:15AM - 6:45AM	
 10:00AM - 10:45AM	 9:30AM - 10:00AM	 6:15AM - 6:45AM	 9:30AM - 10:15AM			
 4:30PM - 5:00PM	 6:00PM - 7:00PM	 9:30AM - 10:00AM	 4:30PM - 5:00PM			
 6:45PM - 7:45PM		 4:30PM - 5:00PM	 6:30PM - 7:00PM			

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 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.

LES MILLS CORE

LES MILLS 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.

Spin

Focus on endurance, strength, intervals, high intensity and recovery. Great low impact cardio workout.

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 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 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.

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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.

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.



Fun-loving and insanely addictive dance workout. No dance experience required!



Fun-loving and insanely addictive dance workout. No dance experience required!

Club 4 Fitness - Gulf Port Group Exercise Timetable