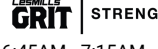



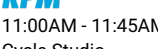
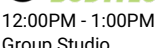






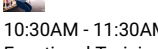

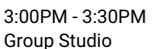



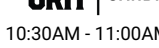
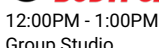
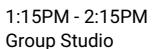







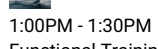
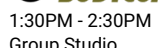
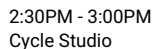




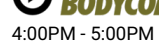
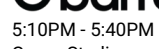


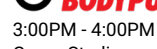
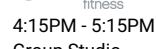
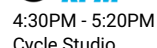
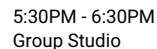


Club 4 Fitness - 280 July Group Fitness 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:15AM - 6:05AM Cycle Studio</p> <p> LES MILLS BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> LES MILLS sprint 6:20AM - 6:50AM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 6:45AM - 7:15AM Group Studio</p> <p> LES MILLS BODYFLOW 7:20AM - 8:20AM Group Studio</p> <p> LES MILLS sprint 8:00AM - 8:30AM Cycle Studio</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p> LES MILLS RPM 9:45AM - 10:30AM Cycle Studio</p> <p> LES MILLS BODYCOMBAT 10:40AM - 11:40AM Group Studio</p> <p> LES MILLS RPM 11:00AM - 11:45AM Cycle Studio</p> <p> LES MILLS BODYFLOW 12:00PM - 1:00PM Group Studio</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p>	<p> LES MILLS sprint 5:00AM - 5:30AM Cycle Studio</p> <p> LES MILLS BODYPUMP 5:15AM - 6:00AM Group Studio</p> <p> LES MILLS RPM 6:00AM - 6:45AM Cycle Studio</p> <p> LES MILLS BODYFLOW  6:30AM - 7:30AM Group Studio</p> <p> LES MILLS RPM 8:00AM - 8:50AM Cycle Studio</p> <p> LES MILLS BODYSTEP ATHLETIC 8:15AM - 9:00AM Group Studio</p> <p> LES MILLS sprint 9:30AM - 10:00AM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 10:00AM - 10:30AM Group Studio</p> <p> LES MILLS 10:30AM - 11:30AM Functional Training</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> LES MILLS RPM 12:00PM - 12:45PM Cycle Studio</p> <p> LES MILLS CORE 3:00PM - 3:30PM Group Studio</p>	<p> LES MILLS CORE 5:00AM - 5:30AM Group Studio</p> <p> LES MILLS RPM 5:15AM - 6:15AM Cycle Studio</p> <p> LES MILLS BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> LES MILLS BODYCOMBAT 6:35AM - 7:35AM Group Studio</p> <p> LES MILLS sprint 8:00AM - 8:30AM Cycle Studio</p> <p> LES MILLS BODYPUMP 8:30AM - 9:15AM Group Studio</p> <p> LES MILLS RPM 9:20AM - 10:10AM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 10:30AM - 11:00AM Group Studio</p> <p> LES MILLS 10:35AM - 11:20AM Functional Training</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> LES MILLS BODYCOMBAT 1:15PM - 2:15PM Group Studio</p>	<p> LES MILLS 5:15AM - 6:00AM Functional Training</p> <p> LES MILLS sprint 5:30AM - 6:00AM Cycle Studio</p> <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio</p> <p> LES MILLS BODYFLOW 7:10AM - 8:10AM Group Studio</p> <p> LES MILLS RPM 8:15AM - 9:05AM Cycle Studio</p> <p> LES MILLS sprint 9:30AM - 10:00AM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 9:30AM - 10:00AM Group Studio</p> <p> LES MILLS CORE 10:05AM - 10:35AM Group Studio</p> <p> LES MILLS 10:30AM - 11:30AM Functional Training</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle Studio</p> <p> LES MILLS BODYCOMBAT 2:00PM - 3:00PM Group Studio</p> <p> LES MILLS RPM 3:30PM - 4:20PM Cycle Studio</p>	<p> LES MILLS RPM 5:00AM - 5:50AM Cycle Studio</p> <p> LES MILLS BODYATTACK 5:30AM - 6:30AM Group Studio</p> <p> LES MILLS sprint 6:20AM - 6:50AM Cycle Studio</p> <p> LES MILLS BODYFLOW  7:00AM - 8:00AM Group Studio</p> <p> LES MILLS RPM 8:00AM - 8:50AM Cycle Studio</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p> LES MILLS sprint 11:00AM - 11:30AM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM Group Studio</p> <p> LES MILLS 12:00PM - 1:00PM Functional Training</p> <p> LES MILLS 1:00PM - 1:30PM Functional Training</p> <p> LES MILLS BODYCOMBAT 1:30PM - 2:30PM Group Studio</p> <p> LES MILLS sprint 2:30PM - 3:00PM Cycle Studio</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Group Studio</p> <p> LES MILLS sprint 8:15AM - 8:45AM Cycle Studio</p> <p> LES MILLS RPM 9:00AM - 9:50AM Cycle Studio</p> <p> LES MILLS BODYPUMP 9:10AM - 10:10AM Group Studio</p> <p> LES MILLS BODYFLOW 10:30AM - 11:30AM Group Studio</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p> <p> LES MILLS RPM 3:00PM - 3:50PM Cycle Studio</p> <p> LES MILLS BODYCOMBAT 4:00PM - 5:00PM Group Studio</p> <p> LES MILLS barre 5:10PM - 5:40PM Group Studio</p>	<p> LES MILLS sprint 8:15AM - 8:45AM Cycle Studio</p> <p> LES MILLS BODYCOMBAT 8:15AM - 9:15AM Group Studio</p> <p> LES MILLS RPM 9:00AM - 9:50AM Cycle Studio</p> <p> LES MILLS barre 10:30AM - 11:00AM Group Studio</p> <p> LES MILLS RPM 11:00AM - 11:45AM Cycle Studio</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p> <p> LES MILLS BODYFLOW 1:30PM - 2:30PM Group Studio</p> <p> LES MILLS sprint 2:30PM - 3:00PM Cycle Studio</p> <p> LES MILLS BODYPUMP 3:00PM - 4:00PM Group Studio</p> <p> ZUMBA fitness 4:15PM - 5:15PM Group Studio</p> <p> LES MILLS RPM 4:30PM - 5:20PM Cycle Studio</p> <p> LES MILLS BODYFLOW 5:30PM - 6:30PM Group Studio</p>

Monday



12:00PM - 1:00PM
Functional Training



1:30PM - 2:30PM
Group Studio



3:30PM - 4:20PM
Cycle Studio



4:15PM - 5:15PM
Group Studio



5:00PM - 5:30PM
Cycle Studio



5:00PM - 5:30PM
Functional Training



5:30PM - 6:15PM
Functional Training



5:30PM - 6:30PM
Group Studio



6:00PM - 6:50PM
Cycle Studio



6:35PM - 7:05PM
Group Studio

Tuesday



4:00PM - 4:30PM
Cycle Studio



4:15PM - 5:15PM
Group Studio



4:30PM - 5:30PM
Functional Training



5:30PM - 6:00PM
Cycle Studio



6:30PM - 7:30PM
Group Studio



7:00PM - 7:50PM
Cycle Studio

Wednesday



3:00PM - 3:30PM
Cycle Studio



4:00PM - 4:50PM
Cycle Studio



4:30PM - 5:30PM
Group Studio



5:40PM - 6:40PM
Group Studio



6:00PM - 6:50PM
Cycle Studio



7:00PM - 7:30PM
Group Studio

Thursday



4:15PM - 5:15PM
Group Studio



4:30PM - 5:15PM
Functional Training



5:30PM - 6:20PM
Cycle Studio



6:00PM - 7:00PM
Functional Training



6:40PM - 7:40PM
Group Studio



7:00PM - 7:50PM
Cycle Studio

Friday



3:00PM - 4:00PM
Group Studio



4:30PM - 5:00PM
Group Studio















6:00PM - 6:50PM
Cycle Studio

Saturday

Sunday

Club 4 Fitness - 280 July Group Fitness 2021

Functional Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 12:00PM - 1:00PM	 10:30AM - 11:30AM	 10:35AM - 11:20AM	 5:15AM - 6:00AM	 12:00PM - 1:00PM		
 5:00PM - 5:30PM	 4:30PM - 5:30PM		 10:30AM - 11:30AM	 1:00PM - 1:30PM		
 5:30PM - 6:15PM			 4:30PM - 5:15PM			
			 6:00PM - 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 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 BODYSTEP ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.



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.



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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 | CARDIO

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

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.



POWER4 - PREMIUM PLUS Take your strength training to a new level by joining our Power4 classes. Each class is programmed in 4 parts and designed around 4 exercises. Each class includes (1) upper body, (1) lower body, (1) compound or cardio and (1) bodyweight exercise. Trainers teach the proper form and assist them in executing a workout

designed to gain strength and knowledge.



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.

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 | 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 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.



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.

Club 4 Fitness - 280

July