


Club 4 Fitness - Lake Charles July Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:15AM - 6:15AM Group Studio</p> <p>LES MILLS sprint 6:30AM - 7:00AM Spin Studio</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p>LES MILLS BODYFLOW 9:40AM - 10:40AM Group Studio</p> <p>LES MILLS BODYPUMP 12:15PM - 12:45PM Group Studio</p> <p>LES MILLS RPM 12:15PM - 12:45PM Spin Studio</p> <p>LES MILLS CORE 4:30PM - 5:15PM Group Studio</p> <p>Spin 4:45PM - 5:15PM Spin Studio</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p> <p>LES MILLS BODYFLOW 6:40PM - 7:40PM Group Studio</p>	<p>LES MILLS RPM 5:15AM - 6:05AM Spin Studio</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM Group Studio</p> <p>LES MILLS sprint 9:00AM - 9:30AM Spin Studio</p> <p>LES MILLS BODYFLOW 9:40AM - 10:25AM Group Studio</p> <p>LES MILLS sprint 12:15PM - 12:45PM Spin Studio</p> <p>LES MILLS BODYCOMBAT 12:15PM - 12:45PM Group Studio</p> <p>LES MILLS BODYCOMBAT 4:00PM - 4:30PM Group Studio</p> <p>LES MILLS sprint 4:45PM - 5:15PM Spin Studio</p> <p>LES MILLS GRIT STRENGTH 5:30PM - 6:00PM Group Studio</p> <p>LES MILLS CORE 6:15PM - 6:45PM Group Studio</p> <p> 6:15PM - 6:45PM Premium Plus - 360</p> <p>LES MILLS barre 7:00PM - 7:30PM Group Studio</p>	<p>LES MILLS BODYPUMP 5:15AM - 6:15AM Group Studio</p> <p>LES MILLS RPM 6:30AM - 7:20AM Spin Studio</p> <p>LES MILLS BODYPUMP 8:30AM - 9:00AM Group Studio</p> <p>LES MILLS CORE 9:10AM - 9:40AM Group Studio</p> <p>LES MILLS barre 11:30AM - 12:00PM Group Studio</p> <p>LES MILLS RPM 12:15PM - 1:05PM Spin Studio</p> <p>LES MILLS SH'BAM 4:30PM - 5:15PM Group Studio</p> <p>LES MILLS RPM 4:45PM - 5:35PM Spin Studio</p> <p> 4:45PM - 5:15PM Premium Plus - 360</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p> <p>LES MILLS sprint 5:45PM - 6:15PM Spin Studio</p> <p>LES MILLS CORE 6:40PM - 7:10PM Group Studio</p>	<p>Spin 5:15AM - 5:45AM Spin Studio</p> <p>LES MILLS CORE 5:50AM - 6:20AM Group Studio</p> <p>LES MILLS sprint 6:20AM - 6:50AM Spin Studio</p> <p>LES MILLS BODYSTEP CLASSIC 8:15AM - 9:15AM Group Studio</p> <p>Spin 9:30AM - 10:20AM Spin Studio</p> <p>LES MILLS RPM 11:00AM - 11:50AM Spin Studio</p> <p>LES MILLS CORE 12:15PM - 12:45PM Group Studio</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:15PM Group Studio</p> <p>LES MILLS sprint 5:30PM - 6:00PM Spin Studio</p> <p>LES MILLS GRIT CARDIO 5:30PM - 6:00PM Group Studio</p> <p>LES MILLS BODYFLOW 6:10PM - 6:40PM Group Studio</p> <p> 6:15PM - 6:45PM Premium Plus - 360</p>	<p>LES MILLS sprint 5:15AM - 5:45AM Spin Studio</p> <p>LES MILLS BODYCOMBAT 5:15AM - 5:45AM Group Studio</p> <p>LES MILLS BODYFLOW 5:50AM - 6:20AM Group Studio</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p>LES MILLS CORE 9:40AM - 10:10AM Group Studio</p> <p>LES MILLS sprint 11:30AM - 12:00PM Spin Studio</p> <p>LES MILLS BODYCOMBAT 12:15PM - 1:15PM Group Studio</p> <p> 12:15PM - 12:45PM Premium Plus - 360</p> <p>LES MILLS SH'BAM 5:30PM - 6:15PM Group Studio</p>	<p>Spin 7:30AM - 8:15AM Spin Studio</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Group Studio</p> <p>LES MILLS sprint 9:00AM - 9:30AM Spin Studio</p> <p>LES MILLS BODYFLOW 9:40AM - 10:40AM Group Studio</p> <p>LES MILLS RPM 12:00PM - 12:50PM Spin Studio</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM Group Studio</p> <p>LES MILLS sprint 4:30PM - 5:00PM Spin Studio</p>	<p>LES MILLS BODYPUMP 8:15AM - 9:15AM Group Studio</p> <p>LES MILLS RPM 9:30AM - 10:20AM Spin Studio</p> <p>LES MILLS BODYCOMBAT 11:00AM - 11:30AM Group Studio</p> <p>LES MILLS CORE 11:45AM - 12:15PM Group Studio</p> <p>LES MILLS sprint 5:00PM - 5:30PM Spin Studio</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday


6:45PM - 7:35PM
Spin 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 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.

LES MILLS BODYSTEP CLASSIC

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

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.

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.

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.

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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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 CORE

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 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.

Club 4 Fitness - Lake
Charles
Group Exercise Timetable