

Club 4 Fitness - Homewood July 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|
| <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group X Room</p> <p> LES MILLS RPM 5:30AM - 6:20AM Cycle Room</p> <p> LES MILLS RPM 6:00AM - 7:00AM Club 360</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle Room</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Group X Room</p> <p> LES MILLS RPM 9:00AM - 9:30AM Club 360</p> <p> LES MILLS GRIT STRENGTH 9:30AM - 10:00AM Group X Room</p> <p> LES MILLS RPM 9:35AM - 10:25AM Cycle Room</p> <p> LES MILLS BODYPUMP 12:00PM - 12:45PM Group X Room</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle Room</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycle Room</p> <p> LES MILLS SPRINT 5:30PM - 6:00PM Cycle Room</p> | <p> LES MILLS SPRINT 5:30AM - 6:00AM Cycle Room</p> <p> LES MILLS BODYATTACK 5:30AM - 6:30AM Group X Room</p> <p> LES MILLS RPM 6:00AM - 7:00AM Club 360</p> <p> LES MILLS RPM 7:30AM - 8:20AM Cycle Room</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Group X Room</p> <p> LES MILLS RPM 9:00AM - 10:00AM Club 360</p> <p> LES MILLS barre 9:35AM - 10:05AM Group X Room</p> <p> LES MILLS SPRINT 9:35AM - 10:05AM Cycle Room</p> <p> LES MILLS BODYFLOW 12:00PM - 12:45PM Group X Room</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle Room</p> <p> LES MILLS BODYPUMP 4:00PM - 4:45PM Group X Room</p> <p> LES MILLS SPRINT 4:00PM - 4:30PM Cycle Room</p> | <p> LES MILLS RPM 5:30AM - 6:20AM Cycle Room</p> <p> LES MILLS GRIT STRENGTH 5:30AM - 6:00AM Group X Room</p> <p> LES MILLS CORE 6:05AM - 7:05AM Group X Room</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle Room</p> <p> LES MILLS GRIT CARDIO 8:30AM - 9:00AM Group X Room</p> <p> LES MILLS RPM 9:00AM - 10:00AM Club 360</p> <p> LES MILLS CORE 9:05AM - 9:35AM Group X Room</p> <p> LES MILLS RPM 9:35AM - 10:25AM Cycle Room</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Group X Room</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle Room</p> <p> LES MILLS RPM 12:00PM - 12:30PM Club 360</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycle Room</p> | <p> LES MILLS SPRINT 5:30AM - 6:00AM Cycle Room</p> <p> LES MILLS BODYCOMBAT 5:30AM - 6:30AM Group X Room</p> <p> LES MILLS RPM 7:30AM - 8:20AM Cycle Room</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Group X Room</p> <p> LES MILLS SH'BAM 9:35AM - 10:05AM Group X Room</p> <p> LES MILLS SPRINT 9:35AM - 10:05AM Cycle Room</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle Room</p> <p> LES MILLS BODYATTACK 12:00PM - 1:00PM Club 360</p> <p> LES MILLS BODYATTACK 12:00PM - 1:00PM Group X Room</p> <p> LES MILLS SPRINT 4:00PM - 4:30PM Cycle Room</p> <p> LES MILLS BODYATTACK 4:30PM - 5:30PM Group X Room</p> <p> LES MILLS RPM 5:30PM - 6:20PM Cycle Room</p> | <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group X Room</p> <p> LES MILLS RPM 5:30AM - 6:20AM Cycle Room</p> <p> LES MILLS RPM 6:00AM - 7:00AM Club 360</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle Room</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM Group X Room</p> <p> LES MILLS RPM 9:00AM - 9:30AM Club 360</p> <p> LES MILLS BODYFLOW 9:20AM - 9:50AM Group X Room</p> <p> LES MILLS RPM 9:35AM - 10:25AM Cycle Room</p> <p> LES MILLS BODYPUMP 12:00PM - 12:45PM Group X Room</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle Room</p> <p> LES MILLS RPM 12:00PM - 1:00PM Club 360</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycle Room</p> | <p> LES MILLS RPM 8:00AM - 8:50AM Cycle Room</p> <p> LES MILLS BODYATTACK 8:00AM - 9:00AM Group X Room</p> <p> LES MILLS BODYPUMP 9:00AM - 10:00AM Group X Room</p> <p> LES MILLS SPRINT 10:00AM - 10:30AM Cycle Room</p> <p> LES MILLS BODYCOMBAT 10:00AM - 11:00AM Group X Room</p> <p> ZUMBA fitness 11:00AM - 12:00PM Group X Room</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Group X Room</p> <p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle Room</p> <p> LES MILLS BODYCOMBAT 4:00PM - 4:45PM Group X Room</p> <p> LES MILLS barre 5:00PM - 5:30PM Group X Room</p> <p> LES MILLS RPM 5:00PM - 5:50PM Cycle Room</p> | <p> LES MILLS BODYPUMP 8:00AM - 9:00AM Group X Room</p> <p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle Room</p> <p> LES MILLS BODYCOMBAT 9:05AM - 9:50AM Group X Room</p> <p> LES MILLS barre 10:00AM - 10:30AM Group X Room</p> <p> LES MILLS RPM 10:00AM - 10:50AM Cycle Room</p> <p> LES MILLS BODYFLOW 12:00PM - 1:00PM Group X Room</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle Room</p> <p> LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Group X Room</p> <p> LES MILLS CORE 4:35PM - 5:05PM Group X Room</p> <p> LES MILLS SPRINT 5:00PM - 5:30PM Cycle Room</p> |

Monday

LES MILLS
BODYATTACK

5:30PM - 6:30PM
Group X Room



6:00PM - 7:00PM
Club 360

LES MILLS
RPM

6:35PM - 7:25PM
Cycle Room

LES MILLS
CORE

6:40PM - 7:25PM
Group X Room

Tuesday

LES MILLS
BODYATTACK

5:00PM - 6:00PM
Group X Room

LES MILLS
RPM

5:30PM - 6:20PM
Cycle Room



6:00PM - 7:00PM
Club 360

ZUMBA
fitness

6:00PM - 7:00PM
Group X Room

LES MILLS
BODYFLOW

7:00PM - 8:00PM
Group X Room

Wednesday

LES MILLS
tone

4:00PM - 4:45PM
Group X Room

LES MILLS
BODYPUMP

5:00PM - 5:45PM
Group X Room

LES MILLS
sprint

5:30PM - 6:00PM
Cycle Room



6:00PM - 7:00PM
Club 360

ZUMBA
fitness

6:00PM - 7:00PM
Group X Room

LES MILLS
RPM

6:15PM - 7:15PM
Cycle Room

LES MILLS
CORE

7:00PM - 7:45PM
Group X Room

Thursday

LES MILLS
BODYPUMP

5:30PM - 6:30PM
Group X Room



6:00PM - 7:00PM
Club 360

LES MILLS
BODYFLOW

6:40PM - 7:40PM
Group X Room

Friday

LES MILLS
BODYCOMBAT

4:30PM - 5:30PM
Group X Room

LES MILLS
sprint

5:30PM - 6:00PM
Cycle Room

LES MILLS
BODYATTACK

5:30PM - 6:30PM
Group X Room

LES MILLS
RPM

6:35PM - 7:25PM
Cycle Room

Saturday

Sunday

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 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 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.

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.

LES MILLS tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.



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.



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 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 BODYFLOW

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 strength.

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 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 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!



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.

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