




















Club4Fitness - Lafayette July Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:15AM - 6:15AM Group Studio	 5:15AM - 5:45AM Cycle Studio	 5:15AM - 5:45AM Cycle Studio	 5:15AM - 6:00AM Group Studio	 5:15AM - 5:45AM Group Studio	 8:00AM - 8:45AM Group Studio	 8:30AM - 9:30AM Group Studio
 5:15AM - 6:00AM Cycle Studio	 5:15AM - 6:00AM Group Studio	 5:15AM - 5:45AM Group Studio	 6:00AM - 6:30AM Cycle Studio	 5:15AM - 5:45AM Cycle Studio	 8:00AM - 8:45AM Cycle Studio	 9:00AM - 9:30AM Cycle Studio
 6:30AM - 7:15AM Group Studio	 8:30AM - 9:00AM Cycle Studio	 5:50AM - 6:20AM Group Studio	 6:30AM - 7:30AM Group Studio	 5:50AM - 6:20AM Group Studio	 9:00AM - 10:00AM Group Studio	 9:45AM - 10:45AM Group Studio
 7:30AM - 8:15AM Club360	Yoga 9:10AM - 9:40AM Group Studio	 6:30AM - 7:00AM Group Studio	 8:30AM - 9:00AM Group Studio	 6:30AM - 7:20AM Cycle Studio	 9:00AM - 9:45AM Club360	 11:30AM - 12:30PM Group Studio
 8:00AM - 8:30AM Cycle Studio	 10:00AM - 10:30AM Group Studio	 8:00AM - 8:30AM Club360	 9:00AM - 9:30AM Club360	 6:30AM - 7:00AM Group Studio	 10:05AM - 10:35AM Cycle Studio	 4:00PM - 5:00PM Group Studio
 8:30AM - 9:30AM Group Studio	 10:30AM - 11:00AM Club360	 8:30AM - 9:00AM Group Studio	 9:05AM - 10:05AM Group Studio	 8:00AM - 8:45AM Club360	 10:05AM - 10:50AM Club360	 5:00PM - 5:50PM Cycle Studio
 9:00AM - 9:50AM Cycle Studio	 12:15PM - 12:45PM Group Studio	 9:05AM - 9:35AM Cycle Studio	 10:30AM - 11:30AM Group Studio	 8:30AM - 9:30AM Group Studio	Dance2Fit 10:15AM - 11:15AM Group Studio	
 9:00AM - 9:45AM Club360	 4:30PM - 5:15PM Group Studio	 9:15AM - 10:00AM Club360	 11:00AM - 11:45AM Club360	 9:45AM - 10:45AM Group Studio	 12:00PM - 12:30PM Group Studio	
Yoga 9:40AM - 10:40AM Group Studio	 5:30PM - 6:15PM Club360	 9:15AM - 10:15AM Group Studio	 12:00PM - 1:00PM Group Studio	 12:00PM - 12:50PM Cycle Studio	 3:00PM - 3:50PM Cycle Studio	
 12:15PM - 12:45PM Group Studio	 5:30PM - 6:00PM Group Studio	 10:30AM - 11:20AM Cycle Studio	 4:00PM - 4:45PM Club360	 4:30PM - 5:00PM Group Studio	 4:30PM - 5:15PM Group Studio	
 12:15PM - 1:00PM Club360	Dance2Fit 6:05PM - 7:05PM Group Studio	 12:00PM - 1:00PM Group Studio	 5:30PM - 6:30PM Group Studio	 5:30PM - 6:30PM Group Studio	 5:30PM - 6:30PM Group Studio	
 4:00PM - 4:45PM Club360	 6:15PM - 6:45PM Cycle Studio	 4:30PM - 5:20PM Cycle Studio	 6:15PM - 6:45PM Club360			
 4:30PM - 5:00PM Cycle Studio	 6:30PM - 7:00PM Club360	 4:30PM - 5:15PM Group Studio	 6:40PM - 7:40PM Group Studio			

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday


Sunday

LES MILLS
BODYPUMP
5:30PM - 6:30PM
Group Studio


6:00PM - 6:30PM
Club360

LES MILLS
sprint
6:35PM - 7:05PM
Cycle Studio



6:40PM - 7:40PM
Group Studio


5:00PM - 5:30PM
Club360

LES MILLS
BODYPUMP
5:30PM - 6:00PM
Group Studio

LES MILLS
sprint
6:05PM - 6:35PM
Cycle Studio

LES MILLS
CORE
6:05PM - 6:35PM
Group Studio


6:30PM - 7:30PM
Club360

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.



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

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.



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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 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. Focusing on flexibility.

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!



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 program designed to connect mind and body through a series of poses that uses breathing as a tool to stretch and strength the body.



Zumba is one of the most fun and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level



A Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

Club4-Lafayette Group Exercise Timetable