




Club 4 Fitness - Kenner July 2021 Studio Fitness Schedule

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

Monday



5:00PM - 5:30PM
Group Studio



5:45PM - 6:15PM
Group Studio



5:45PM - 6:30PM
Club360



6:00PM - 6:45PM
New Studio



6:30PM - 7:30PM
Group Studio



6:30PM - 7:20PM
Cycle Studio

Tuesday



6:05PM - 6:50PM
Group Studio



7:00PM - 8:00PM
Group Studio

Wednesday



6:00PM - 6:45PM
Club360



6:30PM - 7:30PM
Group Studio



6:45PM - 7:15PM
Cycle Studio



7:35PM - 8:35PM
Group Studio

Thursday



6:40PM - 7:10PM
Club360

Friday

Saturday

Sunday

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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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.

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.



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.

Spin

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



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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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.

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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 | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

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 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.



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.



Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.



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.

Club 4 Fitness - Kenner
April 2021 Studio Fitness
Schedule