

Club 4 Fitness Longview July 2021 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>LES MILLS BODYCOMBAT 5:30AM - 6:00AM Studio Fitness</p>	 <p>LES MILLS sprint 5:00AM - 5:30AM Cycle Studio</p>	 <p>LES MILLS BODYFLOW 5:30AM - 6:15AM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 5:30AM - 6:00AM Studio Fitness</p>	 <p>LES MILLS RPM 5:00AM - 5:50AM Cycle Studio</p>	 <p>LES MILLS sprint 8:15AM - 8:45AM Cycle Studio</p>	 <p>LES MILLS SH'BAM 11:00AM - 11:45AM Studio Fitness</p>
 <p>LES MILLS sprint 6:05AM - 6:35AM Cycle Studio</p>	 <p>LES MILLS BODYPUMP 5:30AM - 6:15AM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 6:35AM - 7:05AM Studio Fitness</p>	 <p>LES MILLS CORE 6:05AM - 6:35AM Studio Fitness</p>	 <p>LES MILLS barre 5:30AM - 6:00AM Studio Fitness</p>	 <p>LES MILLS barre 8:45AM - 9:15AM Studio Fitness</p>	 <p>LES MILLS barre 12:00PM - 12:30PM Studio Fitness</p>
 <p>LES MILLS BODYPUMP 6:35AM - 7:20AM Studio Fitness</p>	 <p>LES MILLS RPM 6:15AM - 7:05AM Cycle Studio</p>	 <p>LES MILLS BODYPUMP 8:30AM - 9:15AM Studio Fitness</p>	 <p>LES MILLS sprint 6:35AM - 7:05AM Cycle Studio</p>	 <p>LES MILLS RPM 6:15AM - 7:05AM Cycle Studio</p>	 <p>LES MILLS BODYPUMP 9:30AM - 10:15AM Studio Fitness</p>	 <p>LES MILLS sprint 1:15PM - 1:45PM Cycle Studio</p>
 <p>ZUMBA fitness 8:30AM - 9:30AM Studio Fitness</p>	 <p>LES MILLS sprint 8:00AM - 8:30AM Cycle Studio</p>	 <p>ZUMBA fitness 9:30AM - 10:30AM Studio Fitness</p>	 <p>LES MILLS sprint 8:00AM - 8:30AM Cycle Studio</p>	 <p>6:15AM - 6:45AM Club360 Classes</p>	 <p>10:00AM - 10:30AM Club360 Classes</p>	 <p>LES MILLS RPM 2:15PM - 3:05PM Cycle Studio</p>
 <p>9:00AM - 9:30AM Club360 Classes</p>	 <p>LES MILLS BODYCOMBAT 8:30AM - 9:15AM Studio Fitness</p>	 <p>LES MILLS RPM 9:35AM - 10:25AM Cycle Studio</p>	 <p>LES MILLS BODYFLOW 8:30AM - 9:15AM Studio Fitness</p>	 <p>8:30AM - 9:30AM Studio Fitness</p>	 <p>LES MILLS CORE 10:30AM - 11:00AM Studio Fitness</p>	 <p>LES MILLS GRIT STRENGTH 3:30PM - 4:00PM Studio Fitness</p>
 <p>LES MILLS BODYCOMBAT 9:35AM - 10:20AM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 9:45AM - 10:15AM Studio Fitness</p>	 <p>LES MILLS BODYFLOW 10:45AM - 11:30AM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 9:45AM - 10:30AM Studio Fitness</p>	 <p>LES MILLS RPM 9:35AM - 10:25AM Cycle Studio</p>	 <p>LES MILLS BODYFLOW 11:05AM - 11:50AM Studio Fitness</p>	 <p>LES MILLS BODYFLOW 5:00PM - 5:45PM Studio Fitness</p>
 <p>LES MILLS RPM 9:35AM - 10:25AM Cycle Studio</p>	 <p>LES MILLS CORE 10:20AM - 10:50AM Studio Fitness</p>	 <p>LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p>	 <p>10:45AM - 11:15AM Club360 Classes</p>	 <p>LES MILLS barre 10:35AM - 11:05AM Studio Fitness</p>	 <p>LES MILLS RPM 12:15PM - 1:05PM Cycle Studio</p>	
 <p>LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p>	 <p>LES MILLS RPM 10:45AM - 11:35AM Cycle Studio</p>	 <p>LES MILLS BODYCOMBAT 12:15PM - 1:00PM Studio Fitness</p>	 <p>LES MILLS BODYCOMBAT 11:15AM - 11:45AM Studio Fitness</p>	 <p>LES MILLS sprint 12:00PM - 12:30PM Cycle Studio</p>	 <p>LES MILLS SH'BAM 1:00PM - 1:45PM Studio Fitness</p>	
 <p>LES MILLS BODYPUMP 12:15PM - 1:00PM Studio Fitness</p>	 <p>LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio Fitness</p>	 <p>LES MILLS SH'BAM 4:30PM - 5:00PM Studio Fitness</p>	 <p>LES MILLS GRIT ATHLETIC 12:00PM - 12:30PM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 5:45PM - 6:15PM Studio Fitness</p>	 <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM Studio Fitness</p>	
 <p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM Studio Fitness</p>	 <p>11:00AM - 11:30AM Club360 Classes</p>	 <p>LES MILLS sprint 5:00PM - 5:30PM Cycle Studio</p>	 <p>LES MILLS RPM 12:15PM - 1:05PM Cycle Studio</p>	 <p>LES MILLS sprint 6:30PM - 7:00PM Cycle Studio</p>	 <p>LES MILLS RPM 3:00PM - 3:50PM Cycle Studio</p>	
 <p>LES MILLS BODYPUMP 5:35PM - 6:20PM Studio Fitness</p>	 <p>LES MILLS SH'BAM 12:15PM - 1:00PM Studio Fitness</p>	 <p>LES MILLS BODYPUMP 5:35PM - 6:20PM Studio Fitness</p>	 <p>LES MILLS CORE 12:30PM - 1:00PM Studio Fitness</p>	 <p>LES MILLS BODYCOMBAT 7:15PM - 7:45PM Studio Fitness</p>		
 <p>LES MILLS sprint 6:35PM - 7:05PM Cycle Studio</p>	 <p>LES MILLS RPM 12:15PM - 1:05PM Cycle Studio</p>	 <p>6:30PM - 7:00PM Club360 Classes</p>	 <p>LES MILLS BODYCOMBAT 4:30PM - 5:00PM Studio Fitness</p>			

Monday



6:45PM - 7:30PM
Club360 Classes

LES MILLS
BODYFLOW

7:15PM - 7:45PM
Studio Fitness

Tuesday



4:15PM - 5:00PM
Studio Fitness



4:30PM - 5:00PM
Club360 Classes



4:30PM - 5:00PM
Cycle Studio



5:00PM - 6:00PM
Studio Fitness



5:15PM - 5:45PM
Club360 Classes



5:30PM - 6:20PM
Cycle Studio



6:05PM - 6:35PM
Studio Fitness



6:15PM - 7:00PM
Club360 Classes



6:40PM - 7:10PM
Studio Fitness



7:15PM - 7:45PM
Studio Fitness

Wednesday



6:30PM - 7:20PM
Cycle Studio



7:10PM - 7:40PM
Studio Fitness

Thursday



4:30PM - 5:00PM
Club360 Classes



4:30PM - 5:00PM
Cycle Studio



5:00PM - 5:30PM
Studio Fitness



5:35PM - 6:35PM
Studio Fitness



6:00PM - 6:50PM
Cycle Studio



6:15PM - 7:00PM
Club360 Classes



6:40PM - 7:10PM
Studio Fitness



7:15PM - 7:45PM
Studio Fitness

Friday

Saturday

Sunday

Club 4 Fitness Longview July 2021 Group Fitness Classes

Monday

Tuesday

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Thursday

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Saturday

Sunday

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
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 | 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
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.

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
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
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!



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.

Group Fitness Classes

Studio Classes