

Hillcrest- Club 4 Fitness July Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:15AM - 6:15AM Studio 1 LES MILLS sprint 5:15AM - 6:15AM Studio 2 LES MILLS RPM 7:00AM - 7:50AM Studio 2 LES MILLS GRIT STRENGTH 7:40AM - 8:10AM Studio 1 LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1 LES MILLS sprint 9:00AM - 9:30AM Studio 2 BARRE BURN 9:40AM - 10:40AM Studio 1 LES MILLS SH'BAM 10:45AM - 11:30AM Studio 1 LES MILLS RPM 12:00PM - 12:50PM Studio 2 LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1 LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1 LES MILLS SH'BAM 4:00PM - 4:45PM Studio 1	LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Studio 1 LES MILLS RPM 5:15AM - 6:05AM Studio 2 LES MILLS BODYFLOW 6:00AM - 7:00AM Studio 1 LES MILLS sprint 6:30AM - 7:00AM Studio 2  8:00AM - 8:30AM Club 360 LES MILLS GRIT CARDIO 8:30AM - 9:00AM Studio 1 LES MILLS RPM 8:30AM - 9:20AM Studio 2 LES MILLS CORE 9:15AM - 10:00AM Studio 1 LES MILLS sprint 10:00AM - 10:30AM Studio 2  10:00AM - 11:00AM Studio 1 LES MILLS sprint 12:00PM - 12:30PM Studio 2 LES MILLS BODYFLOW 12:30PM - 1:00PM Studio 1	LES MILLS sprint 5:15AM - 5:45AM Studio 2 LES MILLS BODYPUMP 5:15AM - 6:15AM Studio 1 LES MILLS sprint 7:00AM - 7:30AM Studio 2 LES MILLS BODYCOMBAT 8:05AM - 9:05AM Studio 1 LES MILLS RPM 8:30AM - 9:20AM Studio 2 LES MILLS GRIT STRENGTH 9:30AM - 10:00AM Studio 1 LES MILLS sprint 10:00AM - 10:30AM Studio 2 LES MILLS BODYFLOW 10:30AM - 11:30AM Studio 1  12:00PM - 12:30PM Club 360 LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1 LES MILLS RPM 12:45PM - 1:35PM Studio 2 LES MILLS BODYPUMP 3:00PM - 3:45PM Studio 1	LES MILLS RPM 5:15AM - 6:05AM Studio 2 LES MILLS BODYCOMBAT 5:15AM - 6:15AM Studio 1 LES MILLS BODYFLOW 6:30AM - 7:00AM Studio 1 LES MILLS sprint 6:30AM - 7:00AM Studio 2 LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1  8:00AM - 8:30AM Club 360 LES MILLS sprint 8:05AM - 8:35AM Studio 2 LES MILLS GRIT CARDIO 8:05AM - 8:35AM Studio 1 CORE 8:45AM - 9:15AM Studio 1 LES MILLS BODYFLOW 9:30AM - 10:30AM Studio 1 LES MILLS BODYCOMBAT 12:00PM - 1:00PM Studio 1  12:00PM - 12:30PM Club 360	LES MILLS sprint 5:15AM - 5:45AM Studio 2 Grit Cardio/Step Rotation 5:15AM - 6:00AM Studio 1 LES MILLS RPM 7:00AM - 7:50AM Studio 2  8:00AM - 8:30AM Club 360 LES MILLS SH'BAM 9:00AM - 9:45AM Studio 1 LES MILLS sprint 9:35AM - 10:05AM Studio 2 LES MILLS BODYPUMP 10:15AM - 11:15AM Studio 1 LES MILLS RPM 12:00PM - 12:50PM Studio 2 LES MILLS CORE 12:00PM - 12:30PM Studio 1 LES MILLS sprint 4:00PM - 4:30PM Studio 2 LES MILLS BODYPUMP 4:15PM - 5:15PM Studio 1 LES MILLS RPM 5:00PM - 5:50PM Studio 2	LES MILLS RPM 7:15AM - 8:05AM Studio 2 LES MILLS GRIT CARDIO 7:45AM - 8:15AM Studio 1 Strength Rotation 8:30AM - 9:00AM Studio 1 LES MILLS RPM 9:00AM - 9:50AM Studio 2 LES MILLS RPM 9:00AM - 9:50AM Studio 2 LES MILLS RPM 9:00AM - 9:50AM Studio 2 CARDIO ROTATION 9:15AM - 10:15AM Studio 1 LES MILLS BODYFLOW 10:45AM - 11:15AM Studio 1 LES MILLS sprint 11:00AM - 11:30AM Studio 2 LES MILLS CORE 3:00PM - 3:30PM Studio 1 LES MILLS barre 3:30PM - 4:00PM Studio 1 LES MILLS RPM 4:00PM - 4:50PM Studio 2 LES MILLS BODYFLOW 4:15PM - 5:15PM Studio 1 LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1	LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Studio 1 LES MILLS BODYFLOW 9:00AM - 10:00AM Studio 1 LES MILLS RPM 9:00AM - 9:50AM Studio 2 LES MILLS barre 10:10AM - 10:40AM Studio 1 LES MILLS SH'BAM 12:00PM - 12:45PM Studio 1 LES MILLS RPM 2:00PM - 2:50PM Studio 2 LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio 1 LES MILLS BODYFLOW 4:00PM - 5:00PM Studio 1 LES MILLS CORE 5:15PM - 5:45PM Studio 1

Monday

LES MILLS
sprint
4:30PM - 5:00PM
Studio 2



5:00PM - 5:30PM
Club 360

LES MILLS
BODYPUMP
5:30PM - 6:30PM
Studio 1

LES MILLS
RPM
6:30PM - 7:20PM
Studio 2

LES MILLS
BODYFLOW
6:40PM - 7:40PM
Studio 1

LES MILLS
sprint
8:00PM - 8:30PM
Studio 2

Tuesday

LES MILLS
sprint
2:30PM - 3:00PM
Studio 2

LES MILLS
barre
4:00PM - 4:30PM
Studio 1

LES MILLS
RPM
4:30PM - 5:20PM
Studio 2

LES MILLS
CORE
5:00PM - 5:30PM
Studio 1

Yoga
5:30PM - 6:30PM
Studio 1



5:30PM - 6:00PM
Club 360



6:35PM - 7:20PM
Studio 1

LES MILLS
RPM
7:00PM - 7:50PM
Studio 2

LES MILLS
GRIT | STRENGTH
8:00PM - 8:30PM
Studio 1

Wednesday

LES MILLS
SH'BAM
3:50PM - 4:35PM
Studio 1

LES MILLS
RPM
4:30PM - 5:20PM
Studio 2

LES MILLS
GRIT | STRENGTH
4:45PM - 5:15PM
Studio 1

BARRE BURN
5:30PM - 6:15PM
Studio 1



5:30PM - 6:00PM
Club 360

LES MILLS
BODYFLOW
6:20PM - 7:20PM
Studio 1

LES MILLS
sprint
6:30PM - 7:00PM
Studio 2

LES MILLS
BODYPUMP
8:00PM - 9:00PM
Studio 1

Thursday

LES MILLS
sprint
12:45PM - 1:15PM
Studio 2

LES MILLS
sprint
2:30PM - 3:00PM
Studio 2

LES MILLS
RPM
4:00PM - 4:50PM
Studio 2

LES MILLS
BODYPUMP
4:30PM - 5:30PM
Studio 1



5:30PM - 6:00PM
Studio 2

LES MILLS
BODYATTACK
5:35PM - 6:35PM
Studio 1

LES MILLS
RPM
6:30PM - 7:20PM
Studio 2

LES MILLS
GRIT | CARDIO
8:00PM - 8:30PM
Studio 1

Friday

LES MILLS
SH'BAM
5:30PM - 6:15PM
Studio 1

Saturday

Sunday

BARRE BURN

A low impact workout that utilizes a ballet barre to perform small isolated movements using resistance bands and light weights to create long lean muscles.

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 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.

CARDIO ROTATION

Attack/Combat/Barre/Zumba/Sprint/POUND

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.



POUND is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

LES MILLS sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

Strength Rotation

Pump, Grit, Core, Strong



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 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 flexibility.

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.

Yoga

Vinyasa Yoga with breathing and meditation to help you move through the poses.



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 - Hillcrest

March Group Exercise Timetable