





Schillinger-Club 4 Fitness July Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS RPM 5:15AM - 6:05AM Studio 4</p> <p>CORE 5:15AM - 5:45AM Studio 5</p> <p>LES MILLS BODYFLOW 5:55AM - 6:25AM Studio 5</p> <p>LES MILLS sprint 6:15AM - 6:45AM Studio 4</p> <p>LES MILLS RPM 7:05AM - 7:55AM Studio 4</p> <p>LES MILLS SH'BAM 7:15AM - 8:00AM Studio 5</p> <p>LES MILLS sprint 8:05AM - 8:35AM Studio 4</p> <p> 8:30AM - 9:15AM Club 360</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 5</p> <p> 9:30AM - 10:00AM Club 360</p> <p>LES MILLS GRIT CARDIO 9:35AM - 10:05AM Studio 5</p> <p>LES MILLS RPM 10:00AM - 10:50AM Studio 4</p>	<p>LES MILLS sprint 5:15AM - 5:45AM Studio 4</p> <p>LES MILLS BODYPUMP 5:15AM - 6:15AM Studio 5</p> <p>LES MILLS RPM 6:00AM - 6:50AM Studio 4</p> <p>LES MILLS BODYCOMBAT 6:30AM - 7:00AM Studio 5</p> <p>LES MILLS sprint 7:20AM - 7:50AM Studio 4</p> <p>LES MILLS BODYPUMP 7:45AM - 8:30AM Studio 5</p> <p> 8:30AM - 9:00AM Club 360</p> <p>LES MILLS BODYATTACK 8:30AM - 9:30AM Studio 5</p> <p>LES MILLS RPM 8:30AM - 9:30AM Studio 4</p> <p>CORE 9:35AM - 10:05AM Studio 5</p> <p> 10:00AM - 10:30AM Club 360</p> <p>LES MILLS sprint 10:10AM - 10:40AM Studio 4</p>	<p>LES MILLS BODYCOMBAT 5:15AM - 6:15AM Studio 5</p> <p>LES MILLS RPM 5:15AM - 6:05AM Studio 4</p> <p>LES MILLS BODYFLOW 6:20AM - 7:20AM Studio 5</p> <p>LES MILLS sprint 6:30AM - 7:00AM Studio 4</p> <p>LES MILLS RPM 7:15AM - 8:05AM Studio 4</p> <p>LES MILLS GRIT STRENGTH 7:30AM - 8:00AM Studio 5</p> <p>LES MILLS BODYCOMBAT 8:25AM - 9:25AM Studio 5</p> <p>LES MILLS sprint 8:30AM - 9:00AM Studio 4</p> <p> 8:30AM - 9:00AM Club 360</p> <p> 9:00AM - 9:45AM Club 360</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 5</p> <p>LES MILLS sprint 10:30AM - 11:00AM Studio 4</p>	<p>LES MILLS sprint 5:15AM - 5:45AM Studio 4</p> <p>LES MILLS BODYPUMP 5:15AM - 6:15AM Studio 5</p> <p>LES MILLS RPM 6:15AM - 7:05AM Studio 4</p> <p>barre 6:30AM - 7:00AM Studio 5</p> <p>LES MILLS CORE 7:00AM - 7:30AM Studio 5</p> <p>LES MILLS sprint 7:15AM - 7:45AM Studio 4</p> <p>LES MILLS GRIT CARDIO 7:40AM - 8:10AM Studio 5</p> <p> 8:00AM - 8:30AM Club 360</p> <p>LES MILLS RPM 8:30AM - 9:20AM Studio 4</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 5</p> <p>LES MILLS BODYATTACK 9:30AM - 10:30AM Studio 5</p> <p>LES MILLS sprint 9:45AM - 10:15AM Studio 4</p>	<p>LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Studio 5</p> <p>LES MILLS sprint 5:15AM - 5:45AM Studio 4</p> <p>LES MILLS sprint 6:30AM - 7:00AM Studio 4</p> <p>LES MILLS RPM 7:15AM - 8:05AM Studio 4</p> <p>barre 7:15AM - 7:45AM Studio 5</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio 5</p> <p>LES MILLS sprint 8:30AM - 9:00AM Studio 4</p> <p> 9:00AM - 9:30AM Club 360</p> <p>LES MILLS BODYCOMBAT 9:05AM - 9:50AM Studio 5</p> <p>LES MILLS BODYFLOW 10:15AM - 11:15AM Studio 5</p> <p>LES MILLS RPM 12:00PM - 12:50PM Studio 4</p> <p>LES MILLS CORE 12:00PM - 12:30PM Studio 5</p>	<p>LES MILLS GRIT STRENGTH 7:15AM - 7:45AM Studio 5</p> <p>LES MILLS sprint 7:15AM - 7:45AM Studio 4</p> <p>LES MILLS BODYCOMBAT 8:00AM - 9:00AM Studio 5</p> <p>LES MILLS RPM 8:05AM - 8:55AM Studio 4</p> <p>LES MILLS BODYPUMP 9:00AM - 10:00AM Studio 5</p> <p>LES MILLS sprint 10:00AM - 10:30AM Studio 4</p> <p> 10:10AM - 11:10AM Studio 5</p> <p>barre 11:25AM - 11:55AM Studio 5</p> <p>LES MILLS GRIT STRENGTH 12:30PM - 1:00PM Studio 5</p> <p>LES MILLS RPM 4:00PM - 4:50PM Studio 4</p> <p>barre 4:30PM - 5:00PM Studio 5</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio 4</p>	<p>LES MILLS GRIT CARDIO 8:15AM - 8:45AM Studio 5</p> <p>LES MILLS sprint 8:15AM - 8:45AM Studio 4</p> <p>LES MILLS CORE 8:50AM - 9:20AM Studio 5</p> <p>ONDEMAND 9:30AM - 10:15AM Studio 5</p> <p>LES MILLS BODYPUMP 10:25AM - 11:10AM Studio 5</p> <p>LES MILLS RPM 10:45AM - 11:35AM Studio 4</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM Studio 5</p> <p>LES MILLS GRIT CARDIO 2:00PM - 2:30PM Studio 5</p> <p>LES MILLS BODYPUMP 2:45PM - 3:45PM Studio 5</p> <p>LES MILLS sprint 3:00PM - 3:30PM Studio 4</p> <p>LES MILLS BODYFLOW 4:00PM - 5:00PM Studio 5</p> <p>LES MILLS sprint 5:00PM - 5:30PM Studio 4</p>


Monday


12:00PM - 12:45PM
Studio 5

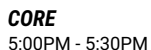

12:15PM - 12:45PM
Studio 4



3:00PM - 3:50PM
Studio 4


3:00PM - 3:45PM
Studio 5


3:30PM - 4:00PM
Club 360


4:25PM - 4:55PM
Studio 5


5:00PM - 5:30PM
Studio 5


5:35PM - 6:35PM
Studio 5



6:00PM - 6:30PM
Studio 4


6:45PM - 7:45PM
Studio 5



8:00PM - 8:45PM
Studio 5

Tuesday


10:10AM - 11:10AM
Studio 5



12:00PM - 12:30PM
Studio 5


12:30PM - 1:00PM
Studio 4



1:00PM - 1:30PM
Studio 5


3:00PM - 3:30PM
Studio 4


3:00PM - 4:00PM
Studio 5


4:30PM - 5:30PM
Studio 5


4:30PM - 5:00PM
Studio 4


5:30PM - 6:30PM
Studio 5


6:15PM - 7:05PM
Studio 4


6:35PM - 7:35PM
Studio 5


7:45PM - 8:15PM
Studio 5

Wednesday



10:40AM - 11:10AM
Studio 5



12:00PM - 12:50PM
Studio 4


12:00PM - 12:30PM
Studio 5


12:35PM - 1:05PM
Studio 5



3:00PM - 3:50PM
Studio 4

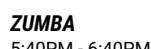

3:00PM - 3:30PM
Studio 5


3:30PM - 4:00PM
Club 360


4:30PM - 5:00PM
Studio 4



4:30PM - 5:30PM
Studio 5


5:30PM - 6:00PM
Club 360


5:40PM - 6:40PM
Studio 5


6:00PM - 6:30PM
Studio 4

Thursday

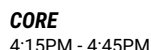

10:00AM - 10:30AM
Club 360


12:00PM - 12:30PM
Studio 4



12:00PM - 1:00PM
Studio 5


3:00PM - 3:30PM
Studio 4



3:00PM - 4:00PM
Studio 5


4:15PM - 4:45PM
Studio 5

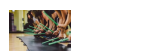

4:30PM - 5:20PM
Studio 4


4:55PM - 5:25PM
Studio 5


5:35PM - 6:35PM
Studio 5


6:00PM - 6:30PM
Studio 4


6:45PM - 7:35PM
Studio 4


6:45PM - 7:30PM
Studio 5

Friday


1:00PM - 1:30PM
Studio 5


3:00PM - 3:50PM
Studio 4


3:00PM - 3:30PM
Studio 5


4:30PM - 5:00PM
Studio 4


4:30PM - 5:30PM
Studio 5


5:30PM - 6:20PM
Studio 4


5:35PM - 6:35PM
Studio 5


6:45PM - 7:15PM
Studio 4

Saturday


5:30PM - 6:30PM
Studio 5

Sunday

Monday

Tuesday


Wednesday

Thursday


Friday

Saturday

Sunday

 **GRIT** | **CARDIO**
8:25PM - 8:55PM
Studio 5

CORE
6:45PM - 7:15PM
Studio 5

 **barre**
7:55PM - 8:25PM
Studio 5

 **BODYCOMBAT**
7:30PM - 8:30PM
Studio 5

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.



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 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.

ONDEMAND

On Demand



POUND is a 45 minute full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

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.



Step is an aerobic workout that uses basic step moves and athletic training to lift your heart rate, shape your legs and body, and have a fun time.



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 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 GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

 **GRIT** | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

 **RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

 **SHBAM**

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

 **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.



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 -
Schillinger
Group Exercise Timetable