

Club 4 Fitness - Tillman's Corner July Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS CORE 6:30AM - 7:00AM Studio/Group</p> <p> LES MILLS RPM 7:00AM - 7:50AM Cycle</p> <p> HERO 8:30AM - 9:30AM Studio/Group</p> <p> Club360 9:30AM - 10:00AM Club360</p> <p> LES MILLS CORE 9:45AM - 10:15AM Studio/Group</p> <p> LES MILLS sprint 10:00AM - 10:30AM Cycle</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> Club360 12:00PM - 12:45PM Club360</p> <p> LES MILLS barre 2:00PM - 2:30PM Studio/Group</p> <p> LES MILLS sprint 4:00PM - 4:30PM Cycle</p>	<p> LES MILLS BODYCOMBAT 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p> LES MILLS BODYPUMP 6:30AM - 7:15AM Studio/Group</p> <p> LES MILLS sprint 7:30AM - 8:00AM Cycle</p> <p> LES MILLS sprint 8:05AM - 8:35AM Cycle</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio/Group</p> <p> Club360 9:00AM - 9:30AM Club360</p> <p>Barre Pilates Combo 9:40AM - 10:40AM Studio/Group</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS CORE 12:30PM - 1:00PM Studio/Group</p> <p> LES MILLS BODYPUMP 2:30PM - 3:30PM Studio/Group</p>	<p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS RPM 7:30AM - 8:20AM Cycle</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Studio/Group</p> <p> Club360 9:30AM - 10:00AM Club360</p> <p> LES MILLS CORE 9:35AM - 10:05AM Studio/Group</p> <p> LES MILLS sprint 9:45AM - 10:15AM Cycle</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> Club360 4:30PM - 5:30PM Studio/Group</p> <p> LES MILLS RPM 5:15PM - 6:15PM Cycle</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio/Group</p>	<p> LES MILLS RPM 5:15AM - 6:15AM Cycle</p> <p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM Studio/Group</p> <p> LES MILLS BODYPUMP 6:15AM - 7:15AM Studio/Group</p> <p> LES MILLS sprint 7:30AM - 8:00AM Cycle</p> <p> LES MILLS sprint 8:05AM - 8:35AM Cycle</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio/Group</p> <p> Club360 8:30AM - 9:00AM Club360</p> <p> LES MILLS RPM 9:15AM - 10:15AM Cycle</p> <p> LES MILLS BODYFLOW 10:10AM - 11:10AM Studio/Group</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS sprint 12:00PM - 12:30PM Cycle</p> <p> LES MILLS CORE 12:30PM - 1:00PM Studio/Group</p>	<p> LES MILLS CORE 5:15AM - 5:45AM Studio/Group</p> <p> LES MILLS sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS BODYFLOW 5:45AM - 6:15AM Studio/Group</p> <p> LES MILLS sprint 5:50AM - 6:20AM Cycle</p> <p> LES MILLS BODYCOMBAT 6:30AM - 7:30AM Studio/Group</p> <p> LES MILLS BODYATTACK 8:30AM - 9:30AM Studio/Group</p> <p> Club360 9:30AM - 10:00AM Club360</p> <p> LES MILLS CORE 9:45AM - 10:15AM Studio/Group</p> <p> LES MILLS RPM 10:30AM - 11:20AM Cycle</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS sprint 4:00PM - 4:30PM Cycle</p> <p> LES MILLS BODYPUMP 4:30PM - 5:30PM Studio/Group</p>	<p> LES MILLS sprint 7:15AM - 7:45AM Cycle</p> <p> LES MILLS BODYPUMP 8:05AM - 9:05AM Studio/Group</p> <p>CARDIO ROTATION 9:10AM - 10:10AM Studio/Group</p> <p> LES MILLS BODYFLOW 10:15AM - 11:15AM Studio/Group</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio/Group</p> <p> LES MILLS BODYFLOW 3:40PM - 4:10PM Studio/Group</p>	<p> LES MILLS RPM 8:00AM - 8:50AM Cycle</p> <p> LES MILLS GRIT CARDIO 8:45AM - 9:15AM Studio/Group</p> <p> LES MILLS CORE 9:15AM - 9:45AM Studio/Group</p> <p> LES MILLS barre 9:50AM - 10:20AM Studio/Group</p> <p> LES MILLS sprint 10:15AM - 10:45AM Cycle</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p> <p> LES MILLS GRIT STRENGTH 1:00PM - 1:30PM Studio/Group</p> <p> LES MILLS CORE 1:50PM - 2:20PM Studio/Group</p> <p> LES MILLS BODYFLOW 2:30PM - 3:30PM Studio/Group</p> <p> LES MILLS sprint 3:45PM - 4:15PM Cycle</p> <p> LES MILLS BODYPUMP 5:00PM - 6:00PM Studio/Group</p>

Monday

LES MILLS
BODYSTEP CLASSIC

4:30PM - 5:30PM

Studio/Group

LES MILLS
GRIT | STRENGTH

5:30PM - 6:00PM

Studio/Group

ZUMBA
fitness

6:00PM - 7:00PM

Studio/Group



6:00PM - 6:45PM

Club360

LES MILLS
RPM

7:00PM - 7:50PM

Cycle

Tuesday

LES MILLS
BODYPUMP

4:00PM - 5:00PM

Studio/Group

ZUMBA
fitness

5:00PM - 6:00PM

Studio/Group

LES MILLS
sprint

6:00PM - 6:30PM

Cycle

LES MILLS
CORE

6:30PM - 7:00PM

Studio/Group

Wednesday

Thursday

LES MILLS
BODYPUMP

2:30PM - 3:30PM

Studio/Group

LES MILLS
BODYPUMP

4:30PM - 5:30PM

Studio/Group



4:30PM - 5:15PM

Club360

LES MILLS
BODYCOMBAT

5:30PM - 6:30PM

Studio/Group

LES MILLS
sprint

6:40PM - 7:10PM

Cycle

LES MILLS
CORE

7:15PM - 7:45PM

Studio/Group

Friday

LES MILLS
BODYCOMBAT

5:30PM - 6:30PM

Studio/Group

LES MILLS
BODYFLOW

6:30PM - 7:00PM

Studio/Group

Saturday

Sunday

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.

LES MILLS BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

CARDIO ROTATION

Attack/Combat/Barre/Zumba/Sprint/POUND

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 | 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.



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.



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.



TRX STRENGTH - PREMIUM PLUS Join us as we take resistance training to a whole new level in TRX Strength! We will focus on proper form, slow down the movements and make each set a little harder than the last in this total body 45 minute class. TRX Strength will make you rethink "strength training" and get back to the basics of using your own body as resistance.

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 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.

 **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.

 **ZUMBA**
fitness

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.

Club 4 Fitness - Tillman's
Corner
March Group Exercise
Timetable