

Club4Fitness Airport - July Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODY PUMP 5:15AM - 6:15AM Main room</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p>	<p> LES MILLS BODY PUMP 5:15AM - 6:15AM Main room</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p>	<p> LES MILLS BODYFLOW 5:15AM - 6:15AM Main room</p>	<p> LES MILLS CORE 7:15AM - 7:45AM Main room</p>	<p> LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Main room</p>
<p> LES MILLS SPRINT 5:15AM - 5:45AM Cycle</p>	<p> LES MILLS CORE 5:15AM - 5:45AM Main room</p>	<p> LES MILLS SPRINT 5:15AM - 5:45AM Cycle</p>	<p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM Main room</p>	<p> LES MILLS SPRINT 5:15AM - 5:45AM Cycle</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Main room</p>	<p> LES MILLS BODYCOMBAT 9:30AM - 10:30AM Main room</p>
<p> LES MILLS SH'BAM 6:30AM - 7:15AM Main room</p>	<p> LES MILLS RPM 7:30AM - 8:20AM Cycle</p>	<p> LES MILLS RPM 6:30AM - 7:20AM Cycle</p>	<p> LES MILLS CORE 5:55AM - 6:25AM Main room</p>	<p> LES MILLS GRIT STRENGTH 7:15AM - 7:45AM Main room</p>	<p> LES MILLS SPRINT 9:00AM - 9:30AM Cycle</p>	<p> LES MILLS RPM 10:30AM - 11:20AM Cycle</p>
<p> LES MILLS CORE 7:20AM - 7:50AM Main room</p>	<p> LES MILLS GRIT STRENGTH 8:30AM - 9:00AM Main room</p>	<p> LES MILLS GRIT CARDIO 7:30AM - 8:00AM Main room</p>	<p> LES MILLS BODY PUMP 7:30AM - 8:15AM Main room</p>	<p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle</p>	<p> LES MILLS BODY PUMP 9:35AM - 10:35AM Main room</p>	<p> LES MILLS GRIT CARDIO 11:15AM - 11:45AM Main room</p>
<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Main room</p>	<p>CORE 9:05AM - 9:35AM Main room</p>	<p>barre 8:30AM - 9:00AM Main room</p>	<p> LES MILLS SPRINT 8:00AM - 8:30AM Cycle</p>	<p> LES MILLS BODY PUMP 8:30AM - 9:30AM Main room</p>	<p> LES MILLS SH'BAM 10:45AM - 11:30AM Main room</p>	<p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle</p>
<p> LES MILLS SPRINT 9:00AM - 9:30AM Cycle</p>	<p> LES MILLS BODYFLOW 9:45AM - 10:45AM Main room</p>	<p>LES MILLS BODY PUMP 9:35AM - 10:35AM Main room</p>	<p> 8:00AM - 8:45AM Club 360</p>	<p> 9:00AM - 9:30AM Club 360</p>	<p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Main room</p>	<p> LES MILLS SH'BAM 12:00PM - 12:45PM Main room</p>
<p>LES MILLS BODY PUMP 9:35AM - 10:35AM Main room</p>	<p> LES MILLS BODY PUMP 12:00PM - 1:00PM Main room</p>	<p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle</p>	<p>LES MILLS BODYFLOW 8:35AM - 9:35AM Main room</p>	<p>Butt & Gut Blaster 9:40AM - 10:25AM Main room</p>	<p> LES MILLS SH'BAM 1:00PM - 1:45PM Main room</p>	<p> LES MILLS BODYFLOW 1:00PM - 1:30PM Main room</p>
<p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle</p>	<p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p>	<p> 12:15PM - 1:00PM Club 360</p>	<p> LES MILLS SPRINT 12:00PM - 12:30PM Cycle</p>	<p>LES MILLS barre 11:25AM - 11:55AM Main room</p>	<p> 1:00PM - 1:30PM Club 360</p>	<p> LES MILLS RPM 1:30PM - 2:20PM Cycle</p>
<p>LES MILLS BODYCOMBAT 12:00PM - 12:45PM Main room</p>	<p> 12:00PM - 12:30PM Club 360</p>	<p> LES MILLS CORE 12:30PM - 1:00PM Main room</p>	<p> LES MILLS BODY PUMP 12:00PM - 12:45PM Main room</p>	<p> LES MILLS CORE 12:00PM - 12:30PM Main room</p>	<p> LES MILLS RPM 2:00PM - 2:50PM Cycle</p>	<p> LES MILLS BODY PUMP 3:00PM - 4:00PM Main room</p>
<p> 12:15PM - 12:45PM Club 360</p>	<p> LES MILLS CORE 3:00PM - 3:30PM Main room</p>	<p> LES MILLS RPM 3:00PM - 3:50PM Cycle</p>	<p> LES MILLS SPRINT 3:00PM - 3:30PM Cycle</p>	<p> 12:30PM - 1:15PM Club 360</p>	<p> LES MILLS CORE 3:00PM - 3:30PM Main room</p>	<p>LES MILLS BODYFLOW 4:15PM - 5:15PM Main room</p>
<p> LES MILLS RPM 3:00PM - 3:50PM Cycle</p>	<p> LES MILLS SPRINT 3:30PM - 4:00PM Cycle</p>	<p> LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Main room</p>	<p> LES MILLS BODYCOMBAT 3:00PM - 4:00PM Main room</p>	<p> LES MILLS SPRINT 12:35PM - 1:05PM Cycle</p>	<p>LES MILLS barre 3:35PM - 4:05PM Main room</p>	
<p> LES MILLS BODY PUMP 3:00PM - 4:00PM Main room</p>	<p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM Main room</p>	<p>LES MILLS SPRINT 5:30PM - 6:00PM Cycle</p>	<p> 5:00PM - 6:00PM Club 360</p>	<p>LES MILLS BODYFLOW 3:00PM - 4:00PM Main room</p>	<p> LES MILLS BODYFLOW 4:15PM - 5:15PM Main room</p>	
<p> LES MILLS SPRINT 4:30PM - 5:00PM Cycle</p>	<p> 5:00PM - 5:45PM Club 360</p>	<p>LES MILLS BODY PUMP 5:35PM - 6:35PM Main room</p>	<p> LES MILLS SPRINT 5:00PM - 5:30PM Cycle</p>	<p> 3:30PM - 4:00PM Club 360</p>	<p> LES MILLS BODY PUMP 5:30PM - 6:30PM Main room</p>	

Monday



4:30PM - 5:00PM
Club 360



4:30PM - 5:00PM
Main room



5:15PM - 6:15PM
Main room



6:15PM - 6:45PM
Cycle



6:30PM - 7:00PM
Club 360



6:30PM - 7:15PM
Main room

Tuesday



5:45PM - 6:15PM
Main room



6:00PM - 7:00PM
Club 360



6:15PM - 7:05PM
Cycle



6:30PM - 7:00PM
Main room

Wednesday



6:15PM - 7:05PM
Cycle



6:45PM - 7:45PM
Main room

Thursday

YOGA

5:35PM - 6:35PM
Main room



6:15PM - 7:00PM
Club 360

ZUMBA

6:45PM - 7:45PM
Main room



8:00PM - 8:30PM
Main room

Friday



4:30PM - 5:00PM
Main room



5:00PM - 5:50PM
Cycle



5:30PM - 6:30PM
Main room



6:30PM - 7:30PM
Main room

Saturday

Sunday
































Club4Fitness Airport - July Group Fitness

Main room

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<p>LES MILLS BODYPUMP 5:15AM - 6:15AM</p> <p>LES MILLS SH'BAM 6:30AM - 7:15AM</p> <p>LES MILLS CORE 7:20AM - 7:50AM</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM</p> <p>LES MILLS GRIT CARDIO 4:30PM - 5:00PM</p> <p>LES MILLS BODYPUMP 5:15PM - 6:15PM</p> <p>LES MILLS BODYFLOW 6:30PM - 7:15PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 8:30AM - 9:00AM</p> <p>CORE 9:05AM - 9:35AM</p> <p>LES MILLS BODYFLOW 9:45AM - 10:45AM</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p>LES MILLS CORE 3:00PM - 3:30PM</p> <p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM</p> <p>LES MILLS barre 6:30PM - 7:00PM</p>	<p>LES MILLS BODYPUMP 5:15AM - 6:15AM</p> <p>LES MILLS GRIT CARDIO 7:30AM - 8:00AM</p> <p>LES MILLS barre 8:30AM - 9:00AM</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM</p> <p>LES MILLS CORE 12:30PM - 1:00PM</p> <p>LES MILLS GRIT STRENGTH 3:00PM - 3:30PM</p> <p>LES MILLS BODYPUMP 5:35PM - 6:35PM</p> <p>LES MILLS BODYCOMBAT 6:45PM - 7:45PM</p>	<p>LES MILLS GRIT CARDIO 5:15AM - 5:45AM</p> <p>LES MILLS CORE 5:55AM - 6:25AM</p> <p>LES MILLS BODYPUMP 7:30AM - 8:15AM</p> <p>LES MILLS BODYFLOW 8:35AM - 9:35AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>LES MILLS BODYCOMBAT 3:00PM - 4:00PM</p> <p>YOGA 5:35PM - 6:35PM</p> <p>ZUMBA 6:45PM - 7:45PM</p> <p>LES MILLS GRIT CARDIO 8:00PM - 8:30PM</p>	<p>LES MILLS BODYFLOW 5:15AM - 6:15AM</p> <p>LES MILLS GRIT STRENGTH 7:15AM - 7:45AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>Butt & Gut Blaster 9:40AM - 10:25AM</p> <p>LES MILLS barre 11:25AM - 11:55AM</p> <p>LES MILLS CORE 12:00PM - 12:30PM</p> <p>LES MILLS BODYFLOW 3:00PM - 4:00PM</p> <p>LES MILLS GRIT CARDIO 4:30PM - 5:00PM</p> <p>LES MILLS BODYFLOW 5:30PM - 6:30PM</p> <p>LES MILLS BODYPUMP 6:30PM - 7:30PM</p>	<p>LES MILLS CORE 7:15AM - 7:45AM</p> <p>LES MILLS BODYCOMBAT 8:00AM - 9:00AM</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM</p> <p>LES MILLS SH'BAM 10:45AM - 11:30AM</p> <p>LES MILLS GRIT STRENGTH 12:00PM - 12:30PM</p> <p>LES MILLS SH'BAM 1:00PM - 1:45PM</p> <p>LES MILLS CORE 3:00PM - 3:30PM</p> <p>LES MILLS barre 3:35PM - 4:05PM</p> <p>LES MILLS BODYFLOW 4:15PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p>	<p>LES MILLS GRIT STRENGTH 8:15AM - 8:45AM</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM</p> <p>LES MILLS GRIT CARDIO 11:15AM - 11:45AM</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM</p> <p>LES MILLS BODYFLOW 1:00PM - 1:30PM</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM</p> <p>LES MILLS BODYFLOW 4:15PM - 5:15PM</p>

Club4Fitness Airport - July Group Fitness

Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:15AM - 5:45AM	 5:15AM - 6:05AM	 5:15AM - 5:45AM	 5:15AM - 6:05AM	 5:15AM - 5:45AM	 9:00AM - 9:30AM	 10:30AM - 11:20AM
 9:00AM - 9:30AM	 7:30AM - 8:20AM	 6:30AM - 7:20AM	 8:00AM - 8:30AM	 8:00AM - 8:30AM	 2:00PM - 2:50PM	 12:00PM - 12:30PM
 12:00PM - 12:30PM	 12:00PM - 12:50PM	 12:00PM - 12:30PM	 12:00PM - 12:30PM	 12:35PM - 1:05PM		 1:30PM - 2:20PM
 3:00PM - 3:50PM	 3:30PM - 4:00PM	 3:00PM - 3:50PM	 3:00PM - 3:30PM	 5:00PM - 5:50PM		
 4:30PM - 5:00PM	 6:15PM - 7:05PM	 5:30PM - 6:00PM	 5:00PM - 5:30PM			
 6:15PM - 6:45PM		 6:15PM - 7:05PM				

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.

Butt & Gut Blaster

360 degree full core Pilates workout for the glutes and Abs



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.



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LES MILLS barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

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.



POWER4 - PREMIUM PLUS Take your strength training to a new level by joining our Power4 classes. Each class is programmed in 4 parts and designed around 4 exercises. Each class includes (1) upper body, (1) lower body, (1) compound or cardio and (1) bodyweight exercise. Trainers teach the proper form and assist them in executing a workout designed to gain strength and knowledge.



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 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.



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TRX BURN - PREMIUM PLUS Our TRX BURN class is the perfect way to get an absolute calorie burn while improving strength and mobility all in one. Time flies by as you quickly transition between body weight exercises that can be easily modified to give each person the level of intensity he/she is looking to achieve.



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 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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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.

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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.

 **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

 **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.

 **SH'BAM**

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.

YOGA

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

**Club 4 Fitness - Airport
Boulevard
Group Exercise Timetable**