

Club 4 Fitness - Memphis July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio</p>	<p> LES MILLS BODYCOMBAT 5:30AM - 6:30AM Group Studio</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio</p>	<p> sprint 5:30AM - 6:00AM Cycle Studio</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM Group Studio</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Group Studio</p>	<p> LES MILLS BODYFLOW 8:00AM - 9:00AM Group Studio</p>
<p> LES MILLS RPM 5:30AM - 6:20AM Cycle Studio</p>	<p> sprint 5:30AM - 6:00AM Cycle Studio</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Cycle Studio</p>	<p> LES MILLS BODYCOMBAT 5:30AM - 6:30AM Group Studio</p>	<p> LES MILLS RPM 5:30AM - 6:20AM Cycle Studio</p>	<p> LES MILLS RPM 8:30AM - 9:20AM Cycle Studio</p>	<p>Cycle 8:30AM - 9:30AM Cycle Studio</p>
<p> sprint 6:30AM - 7:00AM Cycle Studio</p>	<p> LES MILLS RPM 6:30AM - 7:20AM Cycle Studio</p>	<p> sprint 6:30AM - 7:00AM Cycle Studio</p>	<p> LES MILLS BODYCOMBAT 5:30AM - 6:15AM Club 360</p>	<p> sprint 6:30AM - 7:00AM Cycle Studio</p>	<p> ZUMBF 9:30AM - 10:30AM Group Studio</p>	<p> LES MILLS BODYPUMP 9:05AM - 10:05AM Group Studio</p>
<p> ZUMBF 8:30AM - 9:30AM Group Studio</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Group Studio</p>	<p> GRIT CARDIO 8:30AM - 9:00AM Group Studio</p>	<p> LES MILLS RPM 6:30AM - 7:20AM Cycle Studio</p>	<p> LES MILLS BODYFLOW 8:30AM - 9:30AM Group Studio</p>	<p>Cycle 10:30AM - 11:30AM Cycle Studio</p>	<p> LES MILLS RPM 10:00AM - 10:50AM Cycle Studio</p>
<p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM Club 360</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:00AM Club 360</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM Club 360</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:30AM Group Studio</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM Club 360</p>	<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>	<p> GRIT STRENGTH 10:10AM - 10:40AM Group Studio</p>
<p> sprint 9:30AM - 10:00AM Cycle Studio</p>	<p>Cycle 9:30AM - 10:30AM Cycle Studio</p>	<p> LES MILLS BODYPUMP 9:05AM - 10:05AM Group Studio</p>	<p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM Club 360</p>	<p> sprint 9:30AM - 10:00AM Cycle Studio</p>	<p> sprint 12:00PM - 12:30PM Cycle Studio</p>	<p> LES MILLS BODYFLOW 12:00PM - 1:00PM Group Studio</p>
<p>LES MILLS BODYPUMP 9:35AM - 10:35AM Group Studio</p>	<p> STEP 9:45AM - 10:30AM Group Studio</p>	<p> sprint 9:30AM - 10:00AM Cycle Studio</p>	<p>Cycle 9:30AM - 10:30AM Cycle Studio</p>	<p> LES MILLS RPM 12:00PM - 12:50PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 12:00PM - 12:50PM Cycle Studio</p>	<p> LES MILLS RPM 12:00PM - 12:50PM Cycle Studio</p>
<p> LES MILLS RPM 12:00PM - 12:50PM Cycle Studio</p>	<p> sprint 12:00PM - 12:30PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>	<p>LES MILLS BODYATTACK 9:35AM - 10:35AM Group Studio</p>	<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>	<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>	<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>
<p> LES MILLS BODYPUMP 12:00PM - 1:00PM Group Studio</p>	<p> LES MILLS BODYFLOW 12:00PM - 1:00PM Group Studio</p>	<p> LES MILLS RPM 12:15PM - 1:00PM Cycle Studio</p>	<p> sprint 12:00PM - 12:30PM Cycle Studio</p>	<p> GRIT CARDIO 4:30PM - 5:00PM Group Studio</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:00PM Group Studio</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:00PM Group Studio</p>
<p> ZUMBF 5:00PM - 6:00PM Group Studio</p>	<p> sprint 4:30PM - 5:00PM Cycle Studio</p>	<p> LES MILLS RPM 4:30PM - 5:20PM Cycle Studio</p>	<p> LES MILLS BODYCOMBAT 12:00PM - 1:00PM Group Studio</p>	<p> LES MILLS RPM 4:30PM - 5:20PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:20PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:20PM Cycle Studio</p>
<p>Cycle 5:30PM - 6:30PM Cycle Studio</p>	<p> LES MILLS RPM 5:30PM - 6:20PM Cycle Studio</p>	<p> ZUMBF 5:00PM - 6:00PM Group Studio</p>	<p> sprint 4:30PM - 5:00PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p>	<p> LES MILLS BODYPUMP 5:30PM - 6:30PM Group Studio</p>
<p> LES MILLS BODYPUMP 6:05PM - 7:05PM Group Studio</p>	<p> STEP 5:30PM - 6:15PM Group Studio</p>	<p> LES MILLS BODYCOMBAT 5:00PM - 5:45PM Club 360</p>	<p> LES MILLS BODYPUMP 4:30PM - 5:15PM Group Studio</p>	<p> sprint 6:00PM - 6:30PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 6:00PM - 6:30PM Cycle Studio</p>	<p> LES MILLS BODYPUMP 6:00PM - 6:30PM Cycle Studio</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



5:30PM - 6:00PM
Club 360

LES MILLS
BODYPUMP

6:20PM - 7:05PM
Group Studio



6:00PM - 6:30PM
Cycle Studio



6:05PM - 7:05PM
Group Studio



5:30PM - 6:15PM
Group Studio

Cycle
5:30PM - 6:30PM
Cycle Studio



6:40PM - 7:40PM
Group Studio

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 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.



BOOTCAMP - PREMIUM PLUS Bootcamp is an intense mix of conditioning & strength training that is constantly varied with each class session. Coaches will teach you proper form and technique while also ensuring you get the most out of your workout.

Cycle

Indoor cycling class designed to drive your heart rate while riding on a bike. Upbeat and fun cardio class.



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.



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 RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

STEP

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 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 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 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.

LES MILLS 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

Zumba is one of the most fun and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level



**Club 4 Fitness -
Memphis**
Group Exercise Timetable