

Club 4 Fitness - Murphy Group Fitness Schedule - July

Group Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYCOMBAT 5:30AM - 6:30AM</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM</p> <p>LES MILLS BODYFLOW 10:45AM - 11:45AM</p> <p>LES MILLS BODYPUMP 2:00PM - 3:00PM</p> <p>LES MILLS SH'BAM 4:30PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>LES MILLS CORE 6:35PM - 7:05PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p>Cardio Dance Party 8:30AM - 9:30AM</p> <p>LES MILLS barre 9:30AM - 10:00AM</p> <p>LES MILLS GRIT CARDIO 10:15AM - 10:45AM</p> <p>LES MILLS GRIT STRENGTH 12:15PM - 12:45PM</p> <p>LES MILLS CORE 3:00PM - 3:30PM</p> <p>LES MILLS BODYPUMP 5:00PM - 5:30PM</p> <p>LES MILLS BODYCOMBAT 6:00PM - 7:00PM</p> <p>LES MILLS BODYFLOW 7:00PM - 8:00PM</p>	<p>LES MILLS CORE 6:00AM - 6:30AM</p> <p>LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p>ॐ 9:35AM - 10:35AM</p> <p>LES MILLS SH'BAM 11:00AM - 11:45AM</p> <p>LES MILLS BODYPUMP 2:00PM - 3:00PM</p> <p>LES MILLS BODYCOMBAT 4:15PM - 5:15PM</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>ZUMBA 6:35PM - 7:35PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p>LES MILLS CORE 9:30AM - 10:00AM</p> <p>LES MILLS GRIT ATHLETIC 10:15AM - 10:45AM</p> <p>LES MILLS GRIT STRENGTH 12:15PM - 12:45PM</p> <p>LES MILLS CORE 3:00PM - 3:30PM</p> <p>LES MILLS BODYPUMP 5:00PM - 5:30PM</p> <p>LES MILLS BODYATTACK 5:35PM - 6:05PM</p> <p>LES MILLS barre 6:15PM - 6:45PM</p> <p>LES MILLS BODYFLOW 7:00PM - 8:00PM</p>	<p>LES MILLS BODYCOMBAT 8:15AM - 9:15AM</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM</p> <p>LES MILLS CORE 5:30PM - 6:15PM</p>	<p>LES MILLS SH'BAM 8:00AM - 8:45AM</p> <p>LES MILLS BODYATTACK 9:00AM - 10:00AM</p> <p>LES MILLS BODYPUMP 10:05AM - 11:05AM</p> <p>LES MILLS CORE 11:15AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 3:00PM</p> <p>LES MILLS GRIT STRENGTH 3:05PM - 3:35PM</p>	<p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM</p> <p>LES MILLS BODYPUMP 9:35AM - 10:35AM</p> <p>LES MILLS BODYFLOW 10:40AM - 11:40AM</p> <p>LES MILLS barre 3:00PM - 3:30PM</p> <p>LES MILLS BODYFLOW 3:35PM - 4:35PM</p>

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Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS RPM 8:30AM - 9:30AM</p> <p>LES MILLS sprint 12:15PM - 12:45PM</p> <p>LES MILLS RPM 7:10PM - 8:00PM</p>	<p>LES MILLS RPM 2:00PM - 2:50PM</p> <p>LES MILLS sprint 5:35PM - 6:05PM</p>	<p>LES MILLS sprint 5:30AM - 6:00AM</p> <p>Spin 12:00PM - 12:45PM</p>	<p>Spin 8:30AM - 9:30AM</p> <p>LES MILLS RPM 2:00PM - 2:50PM</p>	<p>LES MILLS RPM 5:30AM - 6:30AM</p> <p>LES MILLS sprint 10:35AM - 11:05AM</p> <p>LES MILLS RPM 4:30PM - 5:20PM</p>	<p>LES MILLS RPM 12:00PM - 12:50PM</p> <p>LES MILLS sprint 3:40PM - 4:10PM</p>	<p>LES MILLS sprint 7:00AM - 7:30AM</p> <p>LES MILLS RPM 2:00PM - 2:50PM</p>

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.

Cardio Dance Party

Freestyle dance class

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
CORE

LES MILLS CORE is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

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.

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
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 | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

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
SH'BAM

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

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.



Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation

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



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