



Club 4 Fitness - Hillcrest Group Exercise Timetable

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|--------|
| <p>LES MILLS BODYPUMP 12:00PM - 12:45PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p> <p>LES MILLS sprint 3:00PM - 3:30PM Studio 2</p> <p>LES MILLS RPM 4:30PM - 5:20PM Studio 2</p> <p>LES MILLS GRIT CARDIO 4:45PM - 5:15PM Studio 1</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p>LES MILLS RPM 5:30PM - 6:20PM Studio 2</p> <p>LES MILLS sprint 6:30PM - 7:00PM Studio 2</p> <p>LES MILLS barre 6:40PM - 7:10PM Studio 1</p> <p>LES MILLS CXWORX 7:15PM - 7:45PM Studio 1</p> <p>LES MILLS BODYPUMP 8:00PM - 8:45PM Studio 1</p> | <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS SH'BAM 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS RPM 3:30PM - 4:20PM Studio 2</p> <p>LES MILLS sprint 4:30PM - 5:00PM Studio 2</p> <p>LES MILLS BODYPUMP 4:30PM - 5:15PM Studio 1</p> <p>LES MILLS sprint 5:30PM - 6:00PM Studio 2</p> <p>Yoga 5:30PM - 6:30PM Studio 1</p> <p>LES MILLS RPM 6:15PM - 7:05PM Studio 2</p> <p> 6:45PM - 7:45PM Studio 1</p> | <p>LES MILLS BODYPUMP 12:00PM - 12:45PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 2</p> <p>LES MILLS SH'BAM 4:30PM - 5:15PM Studio 1</p> <p>LES MILLS sprint 4:30PM - 5:00PM Studio 2</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p> <p>LES MILLS RPM 5:30PM - 6:30PM Studio 2</p> <p>LES MILLS BODYCOMBAT 6:40PM - 7:40PM Studio 1</p> <p>LES MILLS sprint 6:45PM - 7:15PM Studio 2</p> <p>LES MILLS BODYPUMP 8:00PM - 8:45PM Studio 1</p> | <p>LES MILLS sprint 11:15AM - 11:45AM Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS BODYPUMP 4:30PM - 5:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:30PM Studio 1</p> <p> 6:30PM - 7:30PM Studio 1</p> | <p>LES MILLS SH'BAM 12:00PM - 12:45PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 5:30PM - 6:00PM Studio 1</p> | <p>LES MILLS RPM 4:00PM - 4:50PM Studio 2</p> <p>LES MILLS sprint 5:00PM - 5:30PM Studio 2</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</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
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
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
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
RPM

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



Focus on endurance, strength, intervals, high intensity and recovery. Great low impact cardio workout.

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

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS
CXWORX

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.

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
SHBAM

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

Vinyasa Yoga with breathing and meditation to help you move through the poses.



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 - Hillcrest Group Exercise Timetable