

# Club 4 Fitness - September Schillinger Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS GRIT   STRENGTH</b> 5:15AM - 5:45AM Studio 2</p> <p><b>LES MILLS RPM</b> 5:15AM - 6:05AM Studio 4</p> <p><b>Yoga</b> 6:00AM - 7:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 6:20AM - 6:50AM Studio 4</p> <p><b>LES MILLS RPM</b> 7:15AM - 8:05AM Studio 4</p> <p><b>LES MILLS SH'BAM</b> 7:15AM - 8:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 2</p> <p><b>LES MILLS RPM</b> 9:15AM - 10:05AM Studio 4</p> <p><b>LES MILLS barre</b> 9:30AM - 10:00AM Studio 2</p> <p><b>LES MILLS CXWORX</b> 10:05AM - 10:35AM Studio 2</p> <p><b>LES MILLS sprint</b> 10:30AM - 11:00AM Studio 4</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 5:15AM - 6:15AM Studio 2</p> <p><b>LES MILLS RPM</b> 6:00AM - 6:50AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:30AM Studio 2</p> <p><b>LES MILLS sprint</b> 7:20AM - 7:50AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 7:45AM - 8:30AM Studio 2</p> <p><b>LES MILLS RPM</b> 8:30AM - 9:30AM Studio 4</p> <p><b>LES MILLS BODYFLOW</b> 8:40AM - 9:40AM Studio 2</p> <p><b>LES MILLS sprint</b> 9:45AM - 10:15AM Studio 4</p> <p><b>LES MILLS GRIT   STRENGTH</b> 9:50AM - 10:20AM Studio 2</p> <p><b>LES MILLS RPM</b> 10:35AM - 11:25AM Studio 4</p> <p><b>LES MILLS GRIT   STRENGTH</b> 12:00PM - 12:30PM Studio 2</p>	<p><b>LES MILLS RPM</b> 5:15AM - 6:05AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 5:15AM - 6:15AM Studio 2</p> <p><b>LES MILLS BODYFLOW</b> 6:15AM - 7:05AM Studio 2</p> <p><b>LES MILLS sprint</b> 6:30AM - 7:00AM Studio 4</p> <p><b>LES MILLS RPM</b> 7:15AM - 8:05AM Studio 4</p> <p><b>LES MILLS GRIT   STRENGTH</b> 7:30AM - 8:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM Studio 4</p> <p><b>WERQ</b> 8:30AM - 9:30AM Studio 2</p> <p><b>LES MILLS RPM</b> 9:15AM - 10:05AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 9:45AM - 10:45AM Studio 2</p> <p><b>LES MILLS sprint</b> 10:30AM - 11:00AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM Studio 2</p>	<p><b>LES MILLS sprint</b> 5:15AM - 5:45AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 5:15AM - 6:15AM Studio 2</p> <p><b>LES MILLS RPM</b> 6:15AM - 7:05AM Studio 4</p> <p><b>LES MILLS barre</b> 6:30AM - 7:00AM Studio 2</p> <p><b>LES MILLS CXWORX</b> 7:05AM - 7:35AM Studio 2</p> <p><b>LES MILLS sprint</b> 7:20AM - 7:50AM Studio 4</p> <p><b>LES MILLS GRIT   CARDIO</b> 7:40AM - 8:10AM Studio 2</p> <p><b>LES MILLS RPM</b> 8:30AM - 9:20AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 2</p> <p><b>LES MILLS GRIT   CARDIO</b> 9:45AM - 10:15AM Studio 2</p> <p><b>LES MILLS sprint</b> 9:45AM - 10:15AM Studio 4</p> <p><b>LES MILLS sprint</b> 10:35AM - 11:25AM Studio 4</p>	<p><b>LES MILLS GRIT   CARDIO</b> 5:15AM - 5:45AM Studio 2</p> <p><b>LES MILLS RPM</b> 5:15AM - 6:15AM Studio 4</p> <p><b>LES MILLS SH'BAM</b> 6:00AM - 6:45AM Studio 2</p> <p><b>LES MILLS sprint</b> 6:30AM - 7:00AM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 7:00AM - 8:00AM Studio 2</p> <p><b>LES MILLS RPM</b> 7:15AM - 8:05AM Studio 4</p> <p><b>LES MILLS barre</b> 8:15AM - 8:45AM Studio 2</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00AM - 9:30AM Studio 2</p> <p><b>LES MILLS RPM</b> 9:15AM - 10:05AM Studio 4</p> <p><b>LES MILLS CXWORX</b> 9:15AM - 10:35AM Studio 2</p> <p><b>LES MILLS barre</b> 10:00AM - 10:50AM Studio 4</p> <p><b>LES MILLS sprint</b> 10:30AM - 11:00AM Studio 4</p>	<p><b>LES MILLS sprint</b> 7:15AM - 7:45AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 7:15AM - 8:15AM Studio 2</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:50AM Studio 4</p> <p><b>LES MILLS GRIT   STRENGTH</b> 8:20AM - 8:50AM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 9:00AM - 10:00AM Studio 2</p> <p><b>LES MILLS sprint</b> 9:15AM - 9:45AM Studio 4</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:50AM Studio 4</p> <p> 10:00AM - 11:00AM Studio 2</p> <p><b>LES MILLS GRIT   STRENGTH</b> 11:15AM - 11:45AM Studio 2</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Studio 4</p> <p><b>LES MILLS barre</b> 4:30PM - 5:00PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:15PM Studio 2</p>	<p><b>LES MILLS sprint</b> 8:15AM - 8:45AM Studio 4</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:15AM - 8:45AM Studio 2</p> <p><b>LES MILLS barre</b> 8:45AM - 9:15AM Studio 2</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Studio 4</p> <p><b>LES MILLS CXWORX</b> 9:15AM - 9:45AM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 9:50AM - 10:35AM Studio 2</p> <p><b>LES MILLS SH'BAM</b> 12:00PM - 12:45PM Studio 2</p> <p><b>LES MILLS GRIT   CARDIO</b> 2:00PM - 2:30PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 2:45PM - 3:45PM Studio 2</p> <p><b>LES MILLS sprint</b> 3:00PM - 3:30PM Studio 4</p> <p><b>LES MILLS RPM</b> 3:45PM - 4:35PM Studio 4</p> <p><b>LES MILLS BODYFLOW</b> 3:55PM - 4:55PM Studio 2</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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**LES MILLS**  
**BODYPUMP**  
12:00PM - 12:45PM  
Studio 2

**LES MILLS**  
**RPM**  
12:00PM - 12:50PM  
Studio 4

**LES MILLS**  
**RPM**  
3:00PM - 3:50PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
3:00PM - 3:45PM  
Studio 2

**LES MILLS** | **GRIT** | STRENGTH  
4:30PM - 5:00PM  
Studio 2

**LES MILLS**  
**sprint**  
4:30PM - 5:00PM  
Studio 4

**LES MILLS**  
**BODYSTEP** CLASSIC  
5:30PM - 6:30PM  
Studio 2

**LES MILLS**  
**RPM**  
5:30PM - 6:20PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
6:40PM - 7:40PM  
Studio 2

**LES MILLS**  
**sprint**  
6:45PM - 7:15PM  
Studio 4

**LES MILLS**  
**sprint**  
12:00PM - 12:30PM  
Studio 4

**LES MILLS**  
**BODYFLOW**  
3:00PM - 4:00PM  
Studio 2

**LES MILLS**  
**sprint**  
3:00PM - 3:30PM  
Studio 4

**LES MILLS**  
**SHBAM**  
4:30PM - 5:15PM  
Studio 2

**LES MILLS**  
**RPM**  
4:30PM - 5:30PM  
Studio 4

**LES MILLS**  
**sprint**  
5:30PM - 6:00PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
5:30PM - 6:30PM  
Studio 2

**LES MILLS**  
**RPM**  
6:15PM - 7:05PM  
Studio 4

**LES MILLS**  
**BODYCOMBAT**  
6:40PM - 7:40PM  
Studio 2

**LES MILLS**  
**RPM**  
12:00PM - 12:50PM  
Studio 4

**LES MILLS**  
**CXWORX**  
12:30PM - 1:00PM  
Studio 2

**LES MILLS** | **GRIT** | STRENGTH  
3:00PM - 3:30PM  
Studio 2

**LES MILLS**  
**RPM**  
3:00PM - 3:50PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
4:30PM - 5:15PM  
Studio 2

**LES MILLS**  
**sprint**  
4:30PM - 5:00PM  
Studio 4

**LES MILLS**  
**BODYATTACK**  
5:30PM - 6:30PM  
Studio 2

**LES MILLS**  
**RPM**  
5:30PM - 6:20PM  
Studio 4

**LES MILLS** | **GRIT** | STRENGTH  
6:40PM - 7:10PM  
Studio 2

**LES MILLS**  
**sprint**  
6:45PM - 7:15PM  
Studio 4

**LES MILLS**  
**BODYFLOW**  
7:20PM - 7:50PM  
Studio 2


**LES MILLS** | **GRIT** | **CARDIO**  
12:00PM - 12:30PM  
Studio 2

**LES MILLS**  
**sprint**  
12:00PM - 12:30PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
3:00PM - 4:00PM  
Studio 2

**LES MILLS**  
**sprint**  
3:00PM - 3:30PM  
Studio 4

**LES MILLS** | **GRIT** | **CARDIO**  
4:30PM - 5:00PM  
Studio 2




4:30PM - 5:30PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
5:30PM - 6:30PM  
Studio 2

**LES MILLS**  
**sprint**  
5:35PM - 6:05PM  
Studio 4

**LES MILLS**  
**RPM**  
6:20PM - 7:10PM  
Studio 4



6:30PM - 7:30PM  
Studio 2

**LES MILLS**  
**RPM**  
12:00PM - 12:50PM  
Studio 4

**LES MILLS**  
**BODYPUMP**  
12:00PM - 1:00PM  
Studio 2

**LES MILLS** | **GRIT** | **CARDIO**  
3:00PM - 3:30PM  
Studio 2

**LES MILLS**  
**RPM**  
3:00PM - 3:50PM  
Studio 4

**LES MILLS**  
**BODYCOMBAT**  
4:30PM - 5:30PM  
Studio 2

**LES MILLS**  
**sprint**  
4:30PM - 5:00PM  
Studio 4

**LES MILLS**  
**RPM**  
5:30PM - 6:20PM  
Studio 4

**LES MILLS** | **GRIT** | STRENGTH  
5:45PM - 6:15PM  
Studio 2

**LES MILLS**  
**BODYPUMP**  
6:30PM - 7:15PM  
Studio 2

**LES MILLS**  
**sprint**  
6:45PM - 7:15PM  
Studio 4

**LES MILLS**  
**sprint**  
5:30PM - 6:00PM  
Studio 4

**LES MILLS**  
**sprint**  
5:00PM - 5:30PM  
Studio 4

**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.

**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**

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

**LES MILLS**  
**BODYCOMBAT**

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

**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**

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

**LES MILLS**  
**GRIT | STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.

**LES MILLS**  
**RPM**

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

**LES MILLS**  
**SH'BAM**

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

**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.



Fiercely fun dance fitness workout based on pop and hip hop music.

**Yoga**

Vinaya Yoga using breathing and mediation techniques to help the mind & body. Vinyasa flow using breath to move through 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.

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