




















# CLUB4FITNESS - LAKE HARBOUR MAY 2024 SPRING GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>Cycle Studio</b></p> <p>5:15AM - 6:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 6:30AM - 7:00AM Cycle Studio</p> <p> <b>Cycle Studio</b></p> <p>8:00AM - 8:45AM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:30AM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:45AM - 9:45AM Group Fitness Studio</p> <p><b>MAT PILATES</b> 9:50AM - 10:35AM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM Group Fitness Studio</p> <p><b>H.E.A.T.</b> 4:30PM - 5:15PM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:15PM Group Fitness Studio</p> <p> <b>LES MILLS RPM</b> 5:30PM - 6:00PM Cycle Studio</p> <p> <b>LES MILLS SPRINT</b> 6:30PM - 7:00PM Cycle Studio</p> <p> <b>Spin Step</b> 6:30PM - 7:15PM Group Fitness Studio</p>	<p> <b>LES MILLS SPRINT</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:15AM - 5:45AM Group Fitness Studio</p> <p> <b>LES MILLS CORE</b> 5:45AM - 6:15AM Group Fitness Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 8:15AM - 9:00AM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 8:30AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS Shapes</b> 9:00AM - 9:35AM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b>   FLEXIBILITY 12:45PM - 1:15PM Group Fitness Studio</p> <p> <b>LES MILLS THE TRIP</b> 4:15PM - 5:00PM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p> <p><b>CLUB 360 GEAR</b> 5:30PM - 6:30PM Cycle Studio</p> <p><b>FLEXIBLE STRENGTH</b> 5:45PM - 6:30PM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 6:45PM - 7:30PM Group Fitness Studio</p>	<p> <b>Cycle Studio</b></p> <p>5:15AM - 6:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p> <b>LES MILLS RPM</b> 8:00AM - 8:50AM Cycle Studio</p> <p> <b>LES MILLS CORE</b> 8:45AM - 9:15AM Group Fitness Studio</p> <p> <b>LES MILLS DANCE</b> 9:15AM - 10:00AM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 4:15PM - 4:45PM Cycle Studio</p> <p><b>MAT PILATES</b> 4:30PM - 5:15PM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Group Fitness Studio</p> <p> <b>LES MILLS THE TRIP</b> 5:30PM - 6:15PM Cycle Studio</p> <p> <b>LES MILLS RPM</b> 6:30PM - 7:20PM Cycle Studio</p>	<p> <b>LES MILLS SPRINT</b> 5:15AM - 5:45AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 5:15AM - 5:45AM Group Fitness Studio</p> <p> <b>LES MILLS CORE</b> 5:45AM - 6:15AM Group Fitness Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 8:15AM - 9:00AM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 8:30AM - 9:00AM Cycle Studio</p> <p><b>FLEXIBLE STRENGTH</b> 9:15AM - 10:00AM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 12:15PM - 12:45PM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b>   FLEXIBILITY 12:45PM - 1:15PM Group Fitness Studio</p> <p> <b>LES MILLS RPM</b> 4:15PM - 4:45PM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 4:30PM - 5:30PM Group Fitness Studio</p> <p> <b>ZUMBA fitness</b> 5:30PM - 6:15PM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 5:45PM - 6:15PM Cycle Studio</p> <p> <b>LES MILLS Shapes</b> 6:15PM - 6:50PM Group Fitness Studio</p>	<p> <b>Cycle Studio</b></p> <p>5:15AM - 6:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 6:00AM - 7:00AM Group Fitness Studio</p> <p> <b>LES MILLS THE TRIP</b> 8:00AM - 8:45AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:45AM - 9:30AM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b> 9:35AM - 10:20AM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM Group Fitness Studio</p> <p> <b>LES MILLS CORE</b> 4:00PM - 4:30PM Group Fitness Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 4:30PM - 5:00PM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 5:00PM - 5:30PM Cycle Studio</p> <p> <b>LES MILLS DANCE</b> 5:00PM - 5:45PM Group Fitness Studio</p>	<p> <b>Cycle Studio</b></p> <p>8:15AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 9:00AM - 10:00AM Group Fitness Studio</p> <p><b>CARDIO ROTATION</b> 10:15AM - 11:00AM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b> 11:15AM - 12:00PM Group Fitness Studio</p> <p> <b>LES MILLS GRIT</b>   CARDIO 12:00PM - 12:30PM Group Fitness Studio</p> <p> <b>LES MILLS SPRINT</b> 12:30PM - 1:00PM Cycle Studio</p> <p> <b>LES MILLS GRIT</b>   STRENGTH 1:00PM - 1:30PM Group Fitness Studio</p>	<p> <b>LES MILLS BODYPUMP</b> 10:00AM - 11:00AM Group Fitness Studio</p> <p> <b>LES MILLS BODYBALANCE</b> 11:15AM - 12:00PM Group Fitness Studio</p> <p> <b>LES MILLS BODYPUMP</b> 1:00PM - 2:00PM Group Fitness Studio</p> <p> <b>LES MILLS THE TRIP</b> 2:00PM - 2:45PM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 2:45PM - 3:45PM Group Fitness Studio</p> <p> <b>YOGA</b> 4:00PM - 5:00PM Group Fitness Studio</p>