

























Club 4 Fitness - Gulfport May 2024 - Studio Class Schedule

Studio Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:00AM - 6:00AM  7:15AM - 8:00AM LES MILLS BODYCOMBAT 8:30AM - 9:15AM tone 9:30AM - 10:15AM LES MILLS BODYPUMP 12:15PM - 12:45PM Barre Burn 4:30PM - 5:15PM CLUB 360 GEAR 5:30PM - 6:30PM  6:45PM - 7:45PM	LES MILLS sprint 5:00AM - 5:30AM LES MILLS CORE 5:30AM - 6:00AM  6:00AM - 7:00AM tone 7:30AM - 8:15AM LES MILLS BODYPUMP 8:30AM - 9:15AM  9:30AM - 10:30AM  10:45AM - 11:45AM  12:15PM - 12:45PM  3:00PM - 3:45PM  4:30PM - 5:30PM LES MILLS BODYPUMP 5:30PM - 6:15PM LES MILLS BODYBALANCE 6:30PM - 7:30PM	Barre Burn 5:00AM - 6:00AM  6:00AM - 6:30AM  6:30AM - 7:30AM LES MILLS BODYCOMBAT 8:15AM - 8:45AM LES MILLS Shapes 9:00AM - 9:35AM tone 9:45AM - 10:15AM  10:30AM - 11:30AM  12:15PM - 12:45PM LES MILLS sprint 4:30PM - 5:00PM Hard Core 5:00PM - 5:30PM LES MILLS Shapes 5:45PM - 6:30PM Yoga 6:45PM - 7:45PM	CYCLE 5:00AM - 5:30AM  6:00AM - 7:00AM  7:15AM - 7:45AM  8:15AM - 9:15AM PILATES 9:30AM - 10:15AM CYCLE 10:30AM - 11:15AM  12:15PM - 12:45PM  3:00PM - 3:30PM LES MILLS BODYCOMBAT 4:30PM - 5:15PM LES MILLS BODYPUMP 5:30PM - 6:15PM	LES MILLS BODYPUMP 5:00AM - 6:00AM  6:15AM - 7:15AM  7:15AM - 7:45AM LES MILLS BODYCOMBAT 8:00AM - 8:55AM LES MILLS BODYBALANCE 9:00AM - 10:00AM  12:15PM - 1:00PM CYCLE 4:30PM - 5:15PM  5:30PM - 6:30PM	RACE to RIPPED 7:30AM - 8:15AM Barre Burn 8:30AM - 9:15AM LES MILLS BODYPUMP 9:30AM - 10:15AM  10:30AM - 11:30AM  12:00PM - 1:00PM	Restorative Yoga 7:00AM - 7:50AM LES MILLS sprint 8:00AM - 8:30AM  3:00PM - 4:00PM