## **CLUB4FITNESS - FLOWOOD** MAY 2024 SPRING GROUP FITNESS SCHEDULE

4:30PM - 5:00PM

5:15PM - 5:45PM

5:45PM - 6:30PM

CLUB4STUDIO

CLUB4STUDIO

LesMills

Shapes

FLEXIBILITY

**ATHLETIC** 

CLUB4STUDIO

1:00PM - 1:30PM

(E) DANCE

LesMills

**BODYPUMP** 

FLEXIBILITY

4:30PM - 5:15PM

5:30PM - 6:30PM

6:30PM - 7:00PM

CLUB4STUDIO

CLUB4STUDIO

CLUB4STUDIO

CLUB4STUDIO

1:00PM - 1:30PM

4:45PM - 5:15PM

5:30PM - 6:15PM

6:20PM - 6:50PM

CLUB4STUDIO

**D**LESMILLS

RODYBALANCE

CLUB4STUDIO

CLUB4STUDIO

H.E.A.T.

LesMills

**BODYATTACK** 

CLUB4STUDIO

Monday Wednesday Thursday Friday Tuesday Saturday LesMills LesMills LesMills LesMills **BODYCOMBAT** PANCE 0  $\odot$ **D BODYPUMP** STRENGTH **CARDIO BODYPUMP** RODYATTACK 5:15AM - 6:00AM 5:15AM - 6:00AM 5:15AM - 6:00AM 9:00AM - 9:45AM 1:30PM - 2:00PM 5:15AM - 5:45AM 5:15AM - 5:45AM CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO **BODYPUMP** LesMills BODYBAL **CARDIO ROTATION** GRIT STRENGTH **OCORE OCORE OCORE** FLEXIBILITY 10:00AM - 10:45AM 5:45AM - 6:15AM 8:45AM - 9:15AM 6:30AM - 7:00AM 8:45AM - 9:15AM 5:45AM - 6:15AM 2:00PM - 2:45PM CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO LesMills LesMills LesMills LesMills LesMills YOGA CORE **BODYPUMP BODYPUMP** Shapes BODYBALANCE BODYBALANCE 9:20AM - 10:05AM 9:00AM - 9:45AM 9:20AM - 9:50AM 9:00AM - 9:30AM 11:00AM - 11:45AM 3:00PM - 4:00PM 9:00AM - 9:45AM CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO LesMills LesMills LesMills BODYBALANCE FLEXIBILITY **FLEX EXPRESS BODYPUMP BODYPUMP** 9:50AM - 10:20AM 9:35AM - 10:05AM 12:15PM - 12:45PM 9:50AM - 10:20AM 12:15PM - 12:45PM CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO LesMills BODYBALANCE | FLEXIBILITY BODYBALANCE FLEXIBILITY 0 **Obarre OCORE** BODYATTACK 12:15PM - 12:45PM 12:45PM - 1:15PM 12:15PM - 12:45PM 12:45PM - 1:15PM 12:15PM - 12:45PM CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO CLUB4STUDIO LesMills Obarre **OGRIT BODYPUMP OCORE OCORE** CARDIO

4:30PM - 5:00PM

5:15PM - 5:45PM

6:00PM - 6:45PM

CLUB4STUDIO

(P) DANCE

CLUB4STUDIO

STRENGTH

CLUB4STUDIO

4:45PM - 5:15PM

5:30PM - 6:30PM

CLUB4STUDIO

LesMills

**BODYPUMP** 

CLUB4STUDIO

Sunday