


Club 4 Fitness - Hernando Group Exercise May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:00AM - 6:00AM Group Studio	LES MILLS RPM 5:00AM - 5:45AM Cycle Studio	STEP 5:00AM - 6:00AM Group Studio	LES MILLS BODYPUMP 5:00AM - 6:00AM Group Studio	LES MILLS BODYCOMBAT 5:00AM - 6:00AM Group Studio	STEP 8:00AM - 8:45AM Group Studio	LES MILLS THE TRIP 8:15AM - 9:00AM Cycle Studio
LES MILLS BODYPUMP 6:30AM - 7:30AM Group Studio	LES MILLS GRIT STRENGTH 5:15AM - 5:45AM Group Studio	LES MILLS BODYCOMBAT 6:30AM - 7:15AM Group Studio	LES MILLS BODYPUMP 6:30AM - 7:30AM Group Studio	LES MILLS GRIT ATHLETIC 6:30AM - 7:00AM Group Studio	LES MILLS sprint 8:15AM - 8:45AM Cycle Studio	LES MILLS BODYPUMP 9:00AM - 10:00AM Group Studio
LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Group Studio	LES MILLS BODYCOMBAT 6:15AM - 7:00AM Group Studio	LES MILLS GRIT CARDIO 8:15AM - 8:45AM Group Studio	LES MILLS BODYCOMBAT 8:15AM - 8:45AM Group Studio	LES MILLS GRIT STRENGTH 8:15AM - 8:45AM Group Studio	LES MILLS Shapes 9:00AM - 9:45AM Group Studio	LES MILLS GRIT CARDIO 11:30AM - 12:00PM Group Studio
LES MILLS CORE 8:50AM - 9:20AM Group Studio	CYCLE 8:00AM - 8:45AM Cycle Studio	STEP EXPRESS 8:50AM - 9:30AM Group Studio	LES MILLS Shapes 9:00AM - 9:45AM Group Studio	LES MILLS BODYCOMBAT 8:50AM - 9:20AM Group Studio	LES MILLS THE TRIP 9:30AM - 10:15AM Cycle Studio	LES MILLS CORE 2:45PM - 3:15PM Group Studio
LES MILLS sprint 9:30AM - 10:00AM Cycle Studio	LES MILLS BODYPUMP 9:00AM - 10:00AM Group Studio	LES MILLS BODYBALANCE 9:35AM - 10:35AM Group Studio	LES MILLS BODYBALANCE 11:00AM - 11:45AM Group Studio	Yoga 9:35AM - 10:35AM Group Studio	LES MILLS GRIT CARDIO 12:30PM - 1:00PM Group Studio	Yoga 3:15PM - 4:15PM Group Studio
Yoga 9:30AM - 10:30AM Group Studio	LES MILLS BODYBALANCE 12:00PM - 1:00PM Group Studio	LES MILLS CORE 11:30AM - 12:00PM Group Studio	LES MILLS CORE 4:15PM - 4:45PM Group Studio	LES MILLS barre 11:30AM - 12:00PM Group Studio	LES MILLS BODYPUMP 4:00PM - 5:00PM Group Studio	
LES MILLS BODYPUMP 11:30AM - 12:30PM Group Studio	LES MILLS GRIT STRENGTH 4:30PM - 5:00PM Group Studio	LES MILLS BODYCOMBAT 5:15PM - 6:00PM Group Studio	LES MILLS sprint 4:15PM - 4:45PM Cycle Studio	LES MILLS CORE 3:30PM - 4:00PM Group Studio		
LES MILLS GRIT CARDIO 4:15PM - 4:45PM Group Studio	LES MILLS RPM 5:00PM - 5:50PM Cycle Studio	LES MILLS BODYPUMP 6:15PM - 7:15PM Group Studio	LES MILLS THE TRIP 5:00PM - 5:45PM Cycle Studio	LES MILLS BODYCOMBAT 4:30PM - 5:15PM Group Studio		
Yoga 5:00PM - 5:45PM Group Studio	Yoga 5:30PM - 6:30PM Group Studio		LES MILLS BODYBALANCE 6:30PM - 7:30PM Group Studio	LES MILLS barre 5:30PM - 6:00PM Group Studio		
LES MILLS RPM 5:15PM - 6:00PM Cycle Studio	LES MILLS GRIT STRENGTH 7:00PM - 7:30PM Group Studio					
 6:00PM - 6:45PM Group Studio						

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LES MILLS BODYBALANCE

BODYBALANCE™ 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 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.

CYCLE

Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low-impact/high-intensity workout will leave you drenched in sweat yet inspired to come back for more.

LES MILLS CORE

CORE™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

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 GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

LES MILLS Shapes

An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.



POUND is a 45 minute full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

LES MILLS RPM

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

LES MILLS sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

STEP

Spice up your cardio workout with group step aerobic classes! With an adjustable step platform, this high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

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 BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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 BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

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 | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic

performance.

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.



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.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Club 4 Fitness - Highland Court

Group Exercise Timetable