



GROUP X STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	 Jennifer	CLUB FITNESS INTERVALS Elina	CLUB FITNESS YOGA Pattra	 Jennifer	CLUB FITNESS YOGA Jim	9:00 AM	CLUB FITNESS INTERVALS Carolyn	
5:00 PM	 Shana		 Carolyn	CLUB FITNESS PILOGA Jim				
6:15 PM	 Shana	CLUB FITNESS YOGA Pattra	CLUB FITNESS YOGA Jim					

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available. For a full schedule, please visit clubfitness.us or download our app.

CLUB FITNESS AFFTON | 10047 GRAVOIS RD, AFFTON MISSOURI 63123 | 314.638.2582

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

CARDIO

 A cardio workout that teaches participants boxing moves such as kicks and punches.

 A cardio workout that blends kickboxing with sport conditioning and athletic drills.


HIGH INTENSITY INTERVAL TRAINING

 This workout is a little bit of everything: core, resistance training, cardio,


MIND & BODY (flexibility & relaxation)

 A mix of yoga and pilates concentrating on balance, strength, and overall health of the mind and body.


 A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.

 A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.


DANCE

 A dance class that combines fast and slow rhythms to tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

CYCLE

 A group indoor cycling low-impact workout where you control the intensity

 LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

 The play symbol is where you will find a virtual option of each cycle program listed. Find the time that works for you and enjoy class at your convenience.

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
6:45 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
8:00 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
9:00 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
10:15 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
11:15 AM & 11:50 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
12:30 PM & 1:30 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
2:45 PM & 3:20 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
4:00 PM	LES MILLS RPM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
6:00 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
7:10 PM & 7:50 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint
8:30 PM & 9:10 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint

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