



# GROUP X STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	ZUMBA Jennifer	<b>CLUB FITNESS INTERVALS</b> Elina	<b>CLUB FITNESS YOGA</b> Pattra	ZUMBA Jennifer	<b>CLUB FITNESS YOGA</b> Jim	9:00 AM	<b>CLUB FITNESS INTERVALS</b> Carolyn	
5:00 PM	PiYO Shana		URBAN KICK Carolyn					
6:15 PM	Turbo KICK Shana	<b>CLUB FITNESS YOGA</b> Pattra	<b>CLUB FITNESS YOGA</b> Jim	ZUMBA Elina				

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](http://clubfitness.us) or download our app.

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

**FITNESS FOR EVERY BODY.**

# VIRTUAL CLASS SCHEDULE

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

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# 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.