





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							
6:00 PM			CLUB FITNESS YOGA Jim	CLUB FITNESS YOGA Jim				
6:15 PM	 Shana	CLUB FITNESS YOGA Pattra						

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.

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	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
6:45 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
8:00 AM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>
9:00 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
10:15 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
11:15 AM & 11:50 AM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>
12:30 PM & 1:30 PM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
2:45 PM & 3:20 PM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>
4:00 PM	LesMILLS RPM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
6:00 PM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
7:10 PM & 7:50 PM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>
8:30 PM & 9:10 PM	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>	LesMILLS <i>sprint</i>

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CLASS DESCRIPTIONS

CARDIO



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

HIGH INTENSITY INTERVAL TRAINING



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

MIND & BODY (flexibility & relaxation)



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

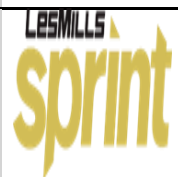


A dance class that combines fast and slow rhythms to tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

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.