

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODYPUMP Terre	ZUMBA FITNESS Melanie	ZUMBA FITNESS Melanie	TURBO KICK Denise	MIXXEDFIT Melanie	9:00 AM	CLUB FITNESS STEP Roz	
10:15 AM	CLUB FITNESS YOGA Terre	CLUB FITNESS STRENGTH Melanie	CLUB FITNESS PILOGA Jim		CLUB FITNESS CORE Melanie	10:15 AM	ZUMBA FITNESS Tracey M.	
5:00 PM		LES MILLS BODYPUMP Samone	PIYO Denise	CLUB FITNESS KICKBOXING Karla				
5:30 PM	CLUB FITNESS KICKBOXING Roz							
6:15 PM		ZUMBA FITNESS Abby	MIXXEDFIT Erika	ZUMBA FITNESS Michelle B.				
6:45 PM	ZUMBA FITNESS Tracey							

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	CLUB FITNESS CYCLE Ronald				CLUB FITNESS CYCLE Ronald	8:00 AM		CLUB FITNESS CYCLE Lina
						8:30 AM	CLUB FITNESS CYCLE Lina	
5:00 PM	CLUB FITNESS CYCLE Lina					10:00 AM	CLUB FITNESS CYCLE Ronald	
5:30 PM			CLUB FITNESS CYCLE Ronald					
6:15 PM		CLUB FITNESS CYCLE Quinn						

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 FLORISSANT | 745 N HWY 67, FLORISSANT, MISSOURI, 63031

FITNESS FOR EVERY BODY.

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:15 AM							
7:00 AM							
8:30 AM							
10:00 AM							
11:15 AM & 12:00 PM							
1:00 PM & 2:15 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:30 PM & 8:30 PM							
9:45 PM							

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.


CLASS DESCRIPTIONS

STRENGTH

 LES MILLS BODYPUMP	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.
---	--

CARDIO

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


 CLUB FITNESS CORE CARDIO	A mix of cardio and core while playing with different training concepts and functional movements.
---	---

 CLUB FITNESS STEP	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.
--	--

MIND & BODY (flexibility & relaxation)

 CLUB FITNESS PILATES	A system of exercises designed to improve physical strength, flexibility, and posture while enhancing mental awareness.
---	---

 PIYO	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga
--	---


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


DANCE

 ZUMBA FITNESS	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.
--	---


 ZUMBA TONING	A dance class using Latin and international music combined with light weights for upper and lower body work.
---	--

CYCLE

 CLUB FITNESS CYCLE	A low-impact indoor cycle class that increases your aerobic/anaerobic capacity, burn calories and jump-start your metabolism with this simulated outdoor-ride set to energizing music.
---	--

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

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

 LES MILLS RPM	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.
--	---