

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>CLUB FITNESS YOGA</b> Jill			<b>CLUB FITNESS HIIT</b> Julie	<b>CLUB FITNESS YOGA</b> Jill			
10:15 AM		<b>CLUB FITNESS YOGA</b> Jill				9:15 AM	<b>CLUB FITNESS HIIT</b> Trinity	<b>CLUB FITNESS YOGA</b> Jill
5:00 PM	<b>CLUB FITNESS YOGA</b> Jill	<b>CLUB FITNESS HIIT</b> Trinity						
6:15 PM	<b>CLUB FITNESS HIIT</b> Trinity		<b>CLUB FITNESS INTERVALS</b> Elina	ZUMBA FITNESS Shana				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:15 AM	<b>CLUB FITNESS CYCLE</b> Quinn		<b>CLUB FITNESS CYCLE</b> Quinn		<b>CLUB FITNESS CYCLE</b> Quinn	9:15 AM	<b>CLUB FITNESS CYCLE</b> Quinn	
6:00 PM		<b>CLUB FITNESS CYCLE</b> Jen						

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 full schedule, please visit [clubfitness.us](http://clubfitness.us) or download our app.

CLUB FITNESS HAMPTON | 12 HAMPTON VILLAGE PLAZA, ST. LOUIS MISSOURI 63109 | 314.752.2582

**FITNESS FOR EVERY BODY.**

# CLASS DESCRIPTIONS

## 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.

## HIGH INTENSITY INTERVAL TRAINING



An interval-based class which includes strength & endurance training with major focus on full body, form and technique.



This class is a little bit of everything: core, resistance training, cardio, stretching.

## MIND & BODY (flexibility & relaxation)



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

## CYCLE



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



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
5:00 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
6:00 AM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
7:30 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
9:00 AM		LESMILLS RPM		LESMILLS RPM			LESMILLS RPM
10:30 AM & 11:30 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
12:30 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
1:30 PM & 2:30 PM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
3:30 PM & 4:30 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
5:30 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
6:15 PM	LESMILLS RPM		LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
7:30 PM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
8:45 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint

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