

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS YOGA Jill		Turbo KICK Julie	CLUB FITNESS HIIT Julie				
10:15 AM		CLUB FITNESS YOGA Jill				9:15 AM	CLUB FITNESS HIIT Trinity	CLUB FITNESS YOGA Jill
5:00 PM	CLUB FITNESS YOGA Jill	CLUB FITNESS HIIT Trinity						
6:15 PM	CLUB FITNESS HIIT Trinity		CLUB FITNESS INTERVALS Elina					

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:15 AM	CLUB FITNESS CYCLE Quinn		CLUB FITNESS CYCLE Quinn		CLUB FITNESS CYCLE Quinn	9:15 AM	CLUB FITNESS CYCLE Quinn	
6:00 PM		CLUB FITNESS CYCLE 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 or download our app.

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

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

CARDIO



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

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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