

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM		<b>LES MILLS BODYPUMP</b> Kathie		<b>LES MILLS BODYPUMP</b> Megan		8:15 AM	<b>LES MILLS BODYPUMP</b> Nancy	
9:00 AM	<b>LES MILLS BODYPUMP</b> Nancy	<b>LES MILLS BODYATTACK</b> Christina	<b>LES MILLS BODYPUMP</b> Christina	<b>CLUB FITNESS HIIT</b> Christina	<b>CLUB FITNESS INTERVALS</b> Kim	9:00 AM		<b>LES MILLS BODYPUMP</b> Holly
10:15 AM	<b>CLUB FITNESS YOGA</b> Rebecca	<b>LES MILLS BODYPUMP</b> Christina	<b>LES MILLS BODYATTACK CORE</b> Christina	<b>LES MILLS BODYPUMP</b> Christina	<b>LES MILLS BODYCOMBAT</b> Christina	9:30 AM	<b>CLUB FITNESS STEP</b> Nancy	
4:30 PM	<b>PIYO</b> Ally	<b>CLUB FITNESS STEP</b> Holly	<b>LES MILLS BODYPUMP</b> Nancy	<b>LES MILLS BODYCOMBAT</b> Christina		10:15 AM		<b>CLUB FITNESS YOGA</b> Melissa
5:45 PM	<b>ZUMBA FITNESS</b> Rachael	<b>LES MILLS BODYATTACK</b> Keely	<b>LES MILLS BODYCOMBAT</b> Jessica	<b>LES MILLS BODYPUMP</b> Holly				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM	<b>CLUB FITNESS CYCLE</b> Sheri					8:00 AM	<b>CLUB FITNESS CYCLE</b> Bill	<b>CLUB FITNESS CYCLE</b> Lisa
8:15 AM					<b>CLUB FITNESS CYCLE</b> Tonya			
9:00 AM				<b>CLUB FITNESS CYCLE</b> Tonya				
5:30 PM		<b>CLUB FITNESS CYCLE</b> Melissa						

## BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM	<b>BURN ZONE</b> Kathie	<b>BURN ZONE</b> Reuben	<b>BURN ZONE</b> Kathie	<b>BURN ZONE</b> Kathie	<b>BURN ZONE</b> Kathie	8:00 AM	<b>BURN ZONE</b> Shannon	
						8:30 AM		<b>BURN ZONE</b> Shannon
9:15 AM		<b>BURN ZONE</b> Reuben		<b>BURN ZONE</b> Rebecca		9:15 AM	<b>BURN ZONE</b> Shannon	
5:15 PM	<b>BURN ZONE</b> Kathie	<b>BURN ZONE</b> Reuben	<b>BURN ZONE</b> Kathie	<b>BURN ZONE</b> Reuben		10:00 AM		<b>BURN ZONE</b> Shannon



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 K&N | 2947 HWY K O'FALLON, MISSOURI, 63366**  
636-379-2228




**FITNESS FOR EVERY BODY.**

# CLASS DESCRIPTIONS




## STRENGTH

 <b>LES MILLS BODY PUMP</b>	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.
 <b>CLUB FITNESS CORE</b>	Exercising muscles around the core providing the vital ingredient for a stronger body.



## CARDIO

 <b>LES MILLS BODY ATTACK</b>	A high energy sports inspired cardio workout intergrating cardio and strength to enhance your fitness endurance level.
 <b>LES MILLS BODY COMBAT</b>	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
 <b>CLUB FITNESS STEP</b>	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.


## HIGH INTENSITY INTERVAL TRAINING

 <b>BURN ZONE</b>	Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements to burn a ton of calories in just 50 minutes.
 <b>CLUB FITNESS HIIT</b>	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
 <b>CLUB FITNESS INTERVALS</b>	This workout is a little bit of everything: core, resistance training, cardio, stretching.





## MIND & BODY (flexibility & relaxation)

 <b>CLUB FITNESS YOGA</b>	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
 <b>PiYO</b>	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga

## DANCE

 <b>ZUMBA FITNESS</b>	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.
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## CYCLE

 <b>CLUB FITNESS CYCLE</b>	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.
 <b>LES MILLS RPM</b>	A group indoor cycling low-impact workout where you control the intensity
 <b>LES MILLS sprint</b>	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
 <b>LES MILLS RPM</b>	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
6:15 AM & 7:15 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS sprint
8:15 AM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint			
9:00 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM			LESMILLS sprint	LESMILLS sprint
10:15 AM & 11:15 AM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
12:15 PM & 1:00 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
1:45 PM & 2:45 PM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
4:00 PM & 4:45 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint
5:30 PM	LESMILLS RPM		LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
6:45 PM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM
7:45 PM & 8:30 PM	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint	LESMILLS sprint

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