

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

CYCLE STUDIO

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

BURN ZONE

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

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



CARDIO

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


HIGH INTENSITY INTERVAL TRAINING

 BURN ZONE	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.
 CLUB FITNESS HIIT	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
 CLUB FITNESS INTERVALS	This workout is a little bit of everything: core, resistance training, cardio, stretching.





MIND & BODY (flexibility & relaxation)

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

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.
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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.

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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