

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		LES MILLS BODYPUMP Katie H.		CLUB FITNESS HIIT Carolyn		8:00 AM	LES MILLS BODYPUMP Cheryl	LES MILLS BODYPUMP CORE Becky
9:00 AM	CLUB FITNESS HIIT Julie	LES MILLS BODYCOMBAT Katie D.	LES MILLS BODYPUMP Elina	LES MILLS BODYCOMBAT Katie D.	LES MILLS BODYPUMP CORE Elina	9:15 AM	LES MILLS BODYCOMBAT Cheryl	LES MILLS BODYCOMBAT Becky
10:15 AM	CLUB FITNESS STRENGTH Julie	CLUB FITNESS YOGA Jim	ZUMBA FITNESS Elina	CLUB FITNESS YOGA Jim	CLUB FITNESS STEP Wendy	10:30 AM	CLUB FITNESS YOGA Pamela	LES MILLS BODYPUMP Kirstie
5:00 PM	LES MILLS BODYPUMP CORE Elina	LES MILLS BODYPUMP Elina	LES MILLS BODYCOMBAT Cheryl	LES MILLS BODYPUMP Adam				
6:15 PM	ZUMBA FITNESS Elina	ZUMBA FITNESS Elina	LES MILLS BODYPUMP CORE Kirstie	CLUB FITNESS YOGA Jim				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS CYCLE Quinn		CLUB FITNESS CYCLE Quinn		CLUB FITNESS CYCLE Quinn	9:00 AM	CLUB FITNESS CYCLE Quinn	
5:30 PM				CLUB FITNESS CYCLE Mallory				

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	BURN ZONE Abby				BURN ZONE Abby	9:00 AM	BURN ZONE Maria	
9:00 AM	BURN ZONE Kate		BURN ZONE Kate		BURN ZONE Kate			
5:30 PM	BURN ZONE Maria		BURN ZONE Sean					
6:15 PM		BURN ZONE Maria		BURN ZONE Maria				

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 MAPLEWOOD | 3256 LACLEDE STATION ROAD, MAPLEWOOD, MISSOURI, 63143
314-932-2800

FITNESS FOR EVERY BODY.

VIRTUAL CLASS SCHEDULE

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




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FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

STRENGTH

 LES MILLS BODYPUMP	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast.
 LES MILLS CORE	Exercising muscles around the core providing the vital ingredient for a stronger body.
 CLUB FITNESS STRENGTH	A total body workout going through a variety of ranges and tempos.



CARDIO

 LES MILLS BODYCOMBAT	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.


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.
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HIGH INTENSITY INTERVAL TRAINING

 BURN ZONE	Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements for a high calorie burn.
 CLUB FITNESS HIIT	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.

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

 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.
 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	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.