

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	LES MILLS BODYPUMP Cheryl	LES MILLS BODYPUMP CXWORX Christina
9:00 AM	CLUB FITNESS HIIT Julie	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Elina	LES MILLS BODYCOMBAT Melissa	LES MILLS LES MILLS BODYPUMP CXWORX Elina	9:15 AM	LES MILLS BODYCOMBAT Cheryl	LES MILLS BODYCOMBAT Becky
10:15 AM	CLUB FITNESS STRENGTH Julie	LES MILLS LES MILLS CXWORX YOGA Erica	ZUMBA FITNESS Elina	CLUB FITNESS YOGA Melissa	CLUB FITNESS STEP Amy T.	10:30 AM	CLUB FITNESS YOGA Pamela	LES MILLS BODYPUMP Kirstie
5:00 PM	LES MILLS LES MILLS BODYPUMP CXWORX Elina	LES MILLS BODYPUMP Elina	LES MILLS BODYCOMBAT Cheryl	LES MILLS BODYPUMP Adam				
6:15 PM	ZUMBA FITNESS Elina	ZUMBA FITNESS Tracey	LES MILLS LES MILLS BODYPUMP CXWORX Cheryl	CLUB FITNESS YOGA Jenny				

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 Jenny		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	
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.

CLUB FITNESS MAPLEWOOD | 3256 LACLEDE STATION ROAD, MAPLEWOOD, MISSOURI, 63143
PHONE.# 314-932-2800

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.

LES MILLS CXWORX Exercising muscles around the core providing the vital ingredient for a stronger body.

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.

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.

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.

CYCLE

LES MILLS RPM The play symbol is where you will find a virtual option of each program listed above that we also offer live. Find the time that works for you and enjoy class at your convenience.

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.

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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