

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:15 AM		CLUB FITNESS STRENGTH Nancy P.				8:15 AM	LES MILLS BODY PUMP Stephanie	
9:00 AM					CLUB FITNESS HIIT Nancy P.	9:30 AM	CLUB FITNESS YOGA Eileen	
9:15 AM				CLUB FITNESS STRENGTH Lori				
10:00 AM	LES MILLS BODY PUMP Erica		LES MILLS BODY PUMP Robin					
10:15 AM					CLUB FITNESS YOGA Rebecca			
5:30 PM	CLUB FITNESS HIIT Laura P.	LES MILLS BODY PUMP Stephanie	ZUMBA FITNESS Michelle B.	ZUMBA FITNESS Eileen				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM	CLUB FITNESS CYCLE Bill		CLUB FITNESS CYCLE Bill		CLUB FITNESS CYCLE Melissa			
8:15 AM				CLUB FITNESS CYCLE Nancy P.		8:30 AM	CLUB FITNESS CYCLE Robin	
9:00 AM	CLUB FITNESS CYCLE Carrie				CLUB FITNESS CYCLE Megan			
9:15 AM		CLUB FITNESS CYCLE Tonya						
5:30 PM			CLUB FITNESS CYCLE CYCLE TEAM					



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 WENTZVILLE | #7 WENTZVILLE CENTER, WENTZVILLE MISSOURI 63385
636-327-5500


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.
 CLUB FITNESS STRENGTH	A total body workout going through a variety of ranges and tempos.


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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HIGH INTENSITY INTERVALS

 CLUB FITNESS HIIT	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
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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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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							
6:15 AM & 7:15 AM							
8:15 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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CLUB FITNESS K&N | 2947 HWY K O'FALLON, MISSOURI, 63366
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