



| TIME     | MONDAY                              | TUESDAY                            | WEDNESDAY                              | THURSDAY   | FRIDAY | TIME    | SATURDAY  | SUNDAY                           |
|----------|-------------------------------------|------------------------------------|--|--|--------|---------|---|----------------------------------|
| 9:00 AM  | <b>CLUB FITNESS YOGA</b><br>Jill    |                                    | <b>Turbo KICK</b><br>Julie             | <b>CLUB FITNESS HIIT</b><br>Julie  |        | 8:00 AM |  <b>ZUMBA FITNESS</b><br>Heather |                                  |
| 10:15 AM |                                     | <b>CLUB FITNESS YOGA</b><br>Jill   |  |  |        | 9:15 AM |   | <b>CLUB FITNESS YOGA</b><br>Jill |
| 5:00 PM  | <b>CLUB FITNESS YOGA</b><br>Jill    |                                    |  |  |        |         |   |                                  |
| 6:15 PM  | <b>CLUB FITNESS HIIT</b><br>Trinity | <b>CLUB FITNESS PILOGA</b><br>Jill | <b>CLUB FITNESS INTERVALS</b><br>Elina |  <b>ZUMBA FITNESS</b><br>Shana |        |         |   |                                  |

## CYCLE STUDIO

| TIME    | MONDAY | TUESDAY                          | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|---------|--------|----------------------------------|-----------|----------|--------|------|----------|--------|
| 6:00 PM |        | <b>CLUB FITNESS CYCLE</b><br>Jen |           |          |        |      |          |        |

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 HAMPTON | 12 HAMPTON VILLAGE PLAZA, ST. LOUIS MISSOURI 63109 |  
314.752.2582

**FITNESS FOR EVERY BODY.** 

# VIRTUAL CLASS SCHEDULE

| TIME                | MONDAY                  | TUESDAY                 | WEDNESDAY               | THURSDAY                | FRIDAY                  | SATURDAY                | SUNDAY                  |
|---------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 5:00 AM             | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 6:00 AM             | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> |
| 7:30 AM             | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 9:00 AM             | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 10:30 AM & 11:30 AM | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 12:30 PM            | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> |
| 1:30 PM & 2:30 PM   | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 3:30 PM             | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> |
| 4:30 PM             | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |
| 6:00 PM             | <b>LES MILLS RPM</b>    |                         | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> | <b>LES MILLS sprint</b> |
| 7:30 PM             | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    | <b>LES MILLS RPM</b>    |

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# CLASS DESCRIPTIONS

## CARDIO



An cardio workout that teaches participants boxing moves such as kicks and punches.

## HIGH INTENSITY INTERVAL TRAINING



An interval-based class which includes strength & endurance training with major focus on full body, form and technique.



This class is a little bit of everything: core, resistance training, cardio, stretching.

## MIND & BODY (flexibility & relaxation)



A mix of yoga and pilates concentrating on balance, strength, and overall health of the mind and body.



A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

## DANCE



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



A group indoor cycling low-impact workout where you control the intensity



A group indoor cycling low-impact workout where you control the intensity



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.



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.