

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		LES MILLS BODYPUMP Kathie		CLUB FITNESS HIIT Amanda D.		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 Katie	9:30 AM	CLUB FITNESS STEP Nancy	
						10:15 AM		CLUB FITNESS YOGA Melissa
5:30 PM	ZUMBA FITNESS Rachael	LES MILLS BODYSTEP Carrie N.	CLUB FITNESS KICKBOXING Laura P.	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 Kristy	BURN ZONE Kathie	BURN ZONE Kathie	BURN ZONE Kathie	8:00 AM	BURN ZONE Shannon	
8:30 AM		BURN ZONE Reggie		BURN ZONE Reggie		8:30 AM		BURN ZONE Shannon
10:00 AM		BURN ZONE Reggie		BURN ZONE Kristy		9:15 AM	BURN ZONE Shannon	
5:15 PM	BURN ZONE Shannon	BURN ZONE Reggie	BURN ZONE Shannon	BURN ZONE Reggie		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.

CLUB FITNESS K&N | 2947 HWY K O'FALLON, MISSOURI, 63366






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 CORE	Exercising muscles around the core providing the vital ingredient for a stronger body.

CARDIO

 LES MILLS BODYATTACK	A high energy sports inspired cardio workout intergrating cardio and strength to enhance your fitness endurance level.
 LES MILLS BODYCOMBAT	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
 LES MILLS BODYSTEP	Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.
 CLUB FITNESS KICKBOXING	An cardio workout that teaches participants boxing moves such as kicks and punches.
 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.
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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	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
5:00 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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