

CLUB 14 FITNESS GROUP FITNESS NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>LES MILLS GRIT CARDIO 6:30AM - 7:00AM Studio One</p> <p>ONDEMAND 7:00AM - 8:00AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>BARRE 9:15AM - 10:15AM Studio One</p> <p>YOGA 10:20AM - 11:20AM Studio One</p> <p>LES MILLS BODYPUMP 12:00PM - 1:00PM Studio One</p> <p>LES MILLS GRIT STRENGTH 1:00PM - 1:30PM Studio One</p> <p>ONDEMAND 1:30PM - 5:00PM Studio One</p> <p>LES MILLS RPM 5:30PM - 6:30PM Cycle Studio</p> <p>LES MILLS BODYCOMBAT 6:00PM - 7:00PM Studio One</p> <p>DANCE FRENCH 7:10PM - 8:40PM Studio One</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>ZOOM 8:00AM - 9:00AM Cycle Studio</p> <p>LES MILLS BODYCOMBAT 9:00AM - 10:00AM Studio One</p> <p>FLOW 10:05AM - 11:05AM Studio One</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM Studio One</p> <p>DANCE FRENCH 12:10PM - 1:10PM Studio One</p> <p>LES MILLS BODYPUMP 1:15PM - 2:15PM Studio One</p> <p>LES MILLS BODYBALANCE 4:00PM - 5:00PM Studio One</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>LES MILLS GRIT CARDIO 6:30AM - 7:00AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>LES MILLS RPM 8:00AM - 9:00AM Cycle Studio</p> <p>Gentle Yoga 9:00AM - 10:00AM Studio One</p> <p>LES MILLS BODYCOMBAT 10:15AM - 11:15AM Studio One</p> <p>LES MILLS BODYPUMP 11:15AM - 12:15PM Studio One</p> <p>ONDEMAND 3:00PM - 5:00PM Studio One</p> <p>YOGA 5:30PM - 6:30PM Studio One</p> <p>DANCE FRENCH 6:45PM - 7:45PM Studio One</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>LES MILLS Sprint 7:30AM - 8:00AM Studio One</p> <p>LES MILLS THE TRIP 8:00AM - 8:45AM Studio One</p> <p>ZOOM 8:00AM - 9:00AM Cycle Studio</p> <p>PILATES 9:00AM - 10:00AM Studio One</p> <p>LES MILLS BODYPUMP 10:10AM - 11:10AM Studio One</p> <p>DANCE FRENCH 12:10PM - 1:10PM Studio One</p> <p>LES MILLS BODYPUMP 1:15PM - 2:15PM Studio One</p> <p>LES MILLS GRIT STRENGTH 2:15PM - 2:45PM Studio One</p> <p>LES MILLS BODYBALANCE 4:00PM - 5:00PM Studio One</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p>	<p>ONDEMAND 5:30AM - 6:30AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>LES MILLS BODYCOMBAT 9:00AM - 10:00AM Studio One</p> <p>BARRE 10:05AM - 11:05AM Studio One</p> <p>FLOW 11:05AM - 12:05PM Studio One</p> <p>LES MILLS BODYPUMP 12:10PM - 1:10PM Studio One</p> <p>LES MILLS GRIT STRENGTH 1:15PM - 1:45PM Studio One</p> <p>ONDEMAND 2:00PM - 5:00PM Studio One</p> <p>LES MILLS RPM 5:00PM - 5:50PM Studio One</p>	<p>LES MILLS BODYCOMBAT 9:00AM - 10:00AM Studio One</p> <p>LES MILLS RPM 9:00AM - 10:00AM Cycle Studio</p> <p>LES MILLS BODYPUMP 11:10AM - 12:10PM Studio One</p> <p>DANCE FRENCH 3:00PM - 4:30PM Studio One</p>	<p>LES MILLS RPM 9:00AM - 10:00AM Cycle Studio</p> <p>YOGA 10:10AM - 11:20AM Studio One</p> <p>LES MILLS BODYPUMP 11:30AM - 12:30PM Studio One</p> <p>DANCE FRENCH 3:00PM - 4:30PM Studio One</p>

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.



Dance Trance is a high-intensity cardio-choreography dance fitness class. Styles include hip hop, pop, rock and R&B, and more. Break Down class is step-by-step instruction of the DT routines so that anyone can learn! NOTE: Dance Trance is a separate business and not included in the C14F membership. Please visit thestagefitness.com to sign up. First class is FREE.



Intermediate level Dance Trance where we break down the routines you've already practiced in BD. Separate from C14F, please visit thestagefitness.com

FLOW

Beautiful Vinyasa flow set to inspiring music for anyone and everyone. Flow uses a range of movements and motion to improve your mind, body, and life leaving you feeling calm and centered.



Come dance on your lunch break! Visit thestagefitness.com for more details.

ONDEMAND

On Demand

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LES MILLS
THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

YOGA

This class is a Vinyasa Flow Series for all ability levels. In Vinyasa yoga, movement is synchronized to the breath. We focus on strengthening and stretching the body while moving smoothly through the poses. Balance and concentration are noticeably improved for many participants in this low impact flow series perfect for any age

ZOOM

Get ready to add hand weights to your ride! Tone and sculpt your upper body and core while riding to the awesome beats of Todd's custom-mix!

