

# The Women's Club, All Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BODYPUMP®	RPM®	BODYCOMBAT®	RPM®	Total Body HIIT		
7:00 AM			Sunny-Side Up Yoga		Sunny-Side Up Yoga		
7:45 AM	H2O Conditioning	H2O Conditioning	H2O Conditioning	H2O Conditioning			
8:00 AM			BODYPUMP®		BODYPUMP®		
8:10 AM						BODYPUMP®	
						RPM®	
8:45 AM	Aqua Turbo	Aqua Turbo	Aqua HIIT	Aqua Boot Camp	Aqua HIIT	All Around Yoga	
9:00 AM	Zumba®	Continuing Yoga	Zumba®	Continuing Yoga	Dance Mixx	Aqua Turbo	
		BODYCOMBAT®		BODYCOMBAT®			
9:15 AM						BODYCOMBAT®	
10AM	Gentle Water Workout	Joint Mobility	Gentle Water Workout	Joint Mobility	Gentle Water Workout		Kundalini Yoga
	Mat Pilates	JOY Dance	Mat Pilates	JOY Dance	Mat Pilates		
					Tai Chi Chih		
10:15AM						Zumba	
11:00AM	Gentle Dance Fit	Gentle Strength & Conditioning	Lite Dance Mixx	Gentle Strength & Conditioning		All Around Yoga	
11:30AM	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga		
12:00PM							Gentle Yoga
12:05PM	BODYPUMP®		bbaarreless®		R.I.P.P.E.D		
1:15 PM	Aqua HIIT		Aqua HIIT		AquaTurbo		
3:00 PM		Extra Gentle Yoga		Extra Gentle Yoga			
4:30 PM	BODYPUMP®	BODYPUMP® EX	BODYPUMP®	Country Heat®	Oula		
		Aqua HIIT		Aqua Turbo			
5:00 PM		BODYCOMBAT®EX					
5:30 PM	Zumba®	Total Body HIIT	BODYCOMBAT®	BODYPUMP®EX			
	All Around Yoga	Aqua Turbo	Form & Flow Yoga	Aqua Turbo			
	Cycling		RPM®				
5:45 PM		Heated Fusion Yoga		Kundalini Yoga			
6:15 PM				BODYCOMBAT® EX			
6:30 PM	Kick n' Core						
				Schedules online		<i>Class Descriptions</i>	
				thewomensclub.com		<i>Club Hours</i>	

**THE Women's CLUB**  
Health and Fitness Center

thewomensclub.com  
2105 Bow St. Missoula  
406.728.4410

Monday -Friday 5:30 AM 10:00 PM  
Saturday 8:00 AM 8:00 PM  
Sunday 8:00 AM 8:00 PM

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Classes subject to change.

23-Jul