

Group Fitness Timetable - Armagh

Club phone number: 0843 170 1081

Mon - Thurs: 6:30am - 10:00pm

Fri: 6.30am - 8.00pm

Sat & Sun: 9:00am - 5:00pm

Bank holiday opening hours: 09:00am-04:00pm

Monday

Time	Class	Level	Studio
09:45 - 10:30	LA Spin	All	LA Spin
11:30 - 12:15	LA Water Aerobics	All	Pool
17:30 - 18:00	LA Spin	All	LA Spin
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
20:00 - 21:00	Pilates	All	Studio 2

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
20:30 - 21:30	Yoga	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:00	LA Spin	All	LA Spin
10:00 - 11:00	Body Combat	All	Studio 1
11:00 - 12:00	Yoga	All	Studio 1
12:30 - 13:15	LA Water Aerobics	All	Pool
18:00 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Circuit	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin

10:00 - 11:00	Body Pump	All	Studio 1
17:30 - 18:00	LA Spin	All	LA Spin
18:00 - 19:00	Pilates	All	Studio 1
18:15 - 19:00	LA Water Aerobics	All	Pool
18:30 - 19:30	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1

Friday

Time	Class	Level	Studio
09:45 - 10:30	LA Spin	All	LA Spin
11:30 - 12:15	LA Water Aerobics	All	Pool
18:00 - 19:00	LA Spin	All	LA Spin
18:30 - 20:00	Yoga	All	Studio 1

Saturday

Time	Class	Level	Studio
10:00 - 11:00	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
11:00 - 12:00	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.