

Group Fitness Timetable - Bedford Heights

Club phone number: 0843 170 1049

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

Fri: 6.30am - 8.00pm

Sat & Sun: 8:00am - 6:00pm

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

Monday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Pilates	All	Studio 1
09:30 - 10:30	Tai Chi	All	Studio 2
10:30 - 11:15	LA Water Aerobics	All	Pool
10:30 - 11:30	Body Pump	All	Studio 1
12:30 - 13:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Body Combat	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
19:15 - 20:15	Body Pump	All	Studio 1
19:30 - 20:00	Zumba	All	Studio 2
20:00 - 21:00	Body Balance (P)	All	Studio 2

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	LA Spin	All	LA Spin
09:30 - 10:30	Aerobic & Tone	All	Studio 1
10:30 - 11:30	Fit Ball	All	Studio 2
10:30 - 11:30	Body Combat	All	Studio 1
12:30 - 13:00	Body Conditioning	All	Studio 1
18:00 - 19:00	Body Conditioning	All	Studio 1
18:30 - 19:30	Pilates	All	Studio 2
18:45 - 19:30	LA Spin	All	LA Spin
20:00 - 21:00	Body Balance (P)	All	Studio 1

Wednesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Pilates	All	Studio 2
09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:30	Body Conditioning	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
12:30 - 13:00	Circuit	All	Studio 1
18:15 - 19:15	Body Combat	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	PT Line Dancing	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
12:30 - 13:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:00	Zumba	All	Studio 1
18:30 - 19:30	Pilates	All	Studio 2
19:00 - 20:00	Body Balance (P)	All	Studio 1

Friday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	Body Pump	All	Studio 1
10:30 - 11:30	Yoga	All	Studio 2
11:30 - 12:30	Pilates	All	Studio 2
11:30 - 12:30	Body Combat	All	Studio 1
19:00 - 20:00	Yoga	All	Studio 2

Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	Body Balance (P)	All	Studio 2
10:30 - 11:15	Body Conditioning	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
11:30 - 12:30	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.