

# Group Fitness Timetable - Bedford Park

Club phone number: 0843 170 1043

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

Fri: 6:30am - 8:00pm

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

## Monday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
09:30 - 10:30	Body Pump	All	Studio 1
13:00 - 13:45	Legs Bums & Tums	All	Studio 1
14:00 - 15:00	Pilates	All	Studio 1
18:00 - 19:00	Aerobics	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin

## Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
17:45 - 18:45	Boot Camp	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:45	Body Pump	All	Studio 1
19:50 - 20:50	Yoga	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:15 - 10:00	Legs Bums & Tums	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
18:00 - 18:45	Step	All	Studio 1
18:45 - 19:45	Yoga	All	Studio 1
20:00 - 21:00	Zumba	All	Studio 1

## Thursday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
16:15 - 17:15	Yoga	All	Studio 1

18:00 - 19:00	Boot Camp	All	Studio 1
18:30 - 19:30	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
09:15 - 10:15	Body Pump	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
18:15 - 19:00	Pilates	All	Studio 1

## Saturday

Time	Class	Level	Studio

## Sunday

Time	Class	Level	Studio

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: green;">■</span> - Fit
<span style="color: yellow;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.