

# Group Fitness Timetable - Belfast - Adelaide Street

Club phone number: 0843 170 1079

Mon - Thurs: 6:30am - 09:30pm

Fri: 6.30am - 8.00pm

Sat & Sun: 9:30am - 5:00pm

Bank holiday opening hours: 10:00am - 05:00pm

## Monday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
12:15 - 13:00	Step	All	Studio 2
12:15 - 13:15	Body Pump	All	Studio 1
17:30 - 18:30	Body Pump	All	Studio 1
17:30 - 18:30	Yoga	All	Studio 2
17:30 - 18:15	LA Spin	All	LA Spin
18:30 - 19:15	LA Spin	All	LA Spin

12:15 - 13:00	Circuit	All	Studio 2
12:15 - 13:15	Body Pump	All	Studio 1
17:30 - 18:30	Yoga	All	Studio 2
17:30 - 18:15	LA Spin	All	LA Spin
18:30 - 19:00	Legs Bums and Tums	All	Studio 2

## Tuesday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
12:15 - 13:00	Circuit	All	Studio 1
17:30 - 18:30	Body Pump	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:30	Pilates	All	Studio 2

## Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:30 - 13:30	Pilates	All	Studio 2
17:15 - 18:00	LA Spin & Body Pump	All	LA Spin

## Saturday

Time	Class	Level	Studio
11:30 - 12:15	20/20/20	All	Studio 2

## Sunday

Time	Class	Level	Studio
11:30 - 12:15	LA Spin	All	Studio 2

## Wednesday

Time	Class	Level	Studio
07:00 - 07:45	Circuit	All	Studio 2
12:15 - 13:00	Step	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
17:30 - 18:15	LA Spin	All	LA Spin
17:30 - 18:30	Pilates	All	Studio 2
18:30 - 19:15	LA Spin	All	LA Spin

## Thursday

Time	Class	Level	Studio
07:00 - 08:00	LA Spin & Body Pump	All	LA Spin

£ - 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.