

Group Fitness Timetable - Belfast - Shawsbridge

Club phone number: 0843 170 1085

Mon - Thurs: 6:30am - 22:00pm

Fri: 6:30am -20:00pm

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

Bank Holiday opening hours: 09:00am-06.00pm

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	Body Conditioning	All	Studio 1
10:30 - 11:30	Yoga	All	Studio 1
16:45 - 17:45	Body Pump	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Step	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:00 - 21:00	Yoga	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:45 - 11:30	Aerobics	All	Studio 1
11:30 - 12:15	Pilates	All	Studio 1
16:30 - 17:15	LA Attitude	All	Gym
17:30 - 18:15	Step	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:20 - 19:05	Alesha Dance Fusion	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:10 - 20:10	Body Pump	All	Studio 1
20:15 - 21:15	Circuit	All	Studio 2

Wednesday

Time	Class	Level	Studio
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06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Conditioning	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1
19:30 - 20:15	LA Water Aerobics	All	Pool

Thursday

Time	Class	Level	Studio
06:45 - 07:45	Body Pump	All	Studio 1
09:30 - 10:30	Body Pump	All	Studio 1
11:45 - 12:30	LA Water Aerobics	All	Pool
18:00 - 19:00	Yoga	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:20 - 20:20	Alesha Dance Fusion	All	Studio 1
20:20 - 21:20	Pilates	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
17:30 - 18:30	Step	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:30	Body Pump	All	Studio 1

Saturday

Time	Class	Level	Studio
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09:00 - 10:00	Body Pump	All	Studio 1
10:00 - 11:00	Step	All	Studio 1
11:00 - 11:45	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
10:30 - 11:15	Pilates	All	Studio 1
12:00 - 12:45	LA Spin	All	LA Spin
12:00 - 13:00	Body Pump	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.