

Group Fitness Timetable - Brentwood

Club phone number: 0843 170 1033

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

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 6.00pm

Bank holiday opening hours: 08:00am - 03:00pm

Monday

| Time | Class | Level | Studio |
|---------------|----------------------------------|-------|----------|
| 06:45 - 07:30 | LA Spin | All | LA Spin |
| 09:30 - 10:30 | Body Pump | All | Studio 1 |
| 09:30 - 10:15 | LA Water Aerobics | All | Pool |
| 10:45 - 11:30 | LA Core Stability (P) | All | Studio 1 |
| 12:00 - 13:00 | Body Balance | All | Studio 1 |
| 12:15 - 13:00 | LA Spin | All | LA Spin |
| 12:30 - 13:15 | Prime Time LA Water Aerobics (P) | All | Pool |
| 18:00 - 19:00 | Dance Fusion | All | Studio 1 |
| 19:00 - 20:00 | Legs Bums & Tums | All | Studio 1 |
| 19:15 - 20:00 | LA Spin | All | LA Spin |
| 20:00 - 21:00 | Body Pump | All | Studio 1 |

Tuesday

| Time | Class | Level | Studio |
|---------------|-------------------|-------|----------|
| 09:30 - 10:15 | LA Spin | All | LA Spin |
| 09:30 - 10:30 | Body Combat | All | Studio 1 |
| 09:30 - 10:15 | LA Water Aerobics | All | Pool |
| 10:30 - 11:30 | Body Pump | All | Studio 1 |
| 11:35 - 12:35 | Legs Bums & Tums | All | Studio 1 |
| 18:00 - 19:00 | Zumba | All | Studio 1 |
| 19:00 - 20:00 | Body Balance | All | Studio 1 |
| 19:00 - 19:45 | LA Spin | All | LA Spin |
| 20:00 - 21:00 | Body Combat | All | Studio 1 |

Wednesday

| Time | Class | Level | Studio |
|------|-------|-------|--------|
| | | | |

| | | | |
|---------------|-------------------|-----|----------|
| 09:30 - 10:30 | Circuit | All | Studio 1 |
| 09:30 - 10:15 | LA Water Aerobics | All | Pool |
| 10:30 - 11:30 | Yoga | All | Studio 1 |
| 12:15 - 13:00 | LA Spin | All | LA Spin |
| 19:00 - 20:00 | Aerobics | All | Studio 1 |
| 19:45 - 20:30 | LA Water Aerobics | All | Pool |

Thursday

| Time | Class | Level | Studio |
|---------------|----------------------------------|-------|----------|
| 09:30 - 10:30 | Body Attack | All | Studio 1 |
| 10:30 - 11:15 | Weigh in - workout (P) | All | Studio 1 |
| 11:15 - 12:15 | Legs Bums & Tums | All | Studio 1 |
| 12:00 - 12:45 | Prime Time LA Water Aerobics (P) | All | Pool |
| 12:15 - 13:15 | Body Balance | All | Studio 1 |
| 19:00 - 20:00 | Yoga | All | Studio 1 |
| 19:10 - 19:55 | LA Spin | All | LA Spin |
| 20:00 - 21:00 | Body Attack | All | Studio 1 |

Friday

| Time | Class | Level | Studio |
|---------------|-------------------|-------|----------|
| 09:30 - 10:30 | Body Pump | All | Studio 1 |
| 09:30 - 10:15 | LA Water Aerobics | All | Pool |
| 10:30 - 11:15 | LA Spin | All | LA Spin |
| 10:30 - 11:30 | Yoga | All | Studio 1 |

Saturday

| Time | Class | Level | Studio |
|---------------|-------------|-------|----------|
| 08:15 - 09:00 | LA Spin | All | LA Spin |
| 08:15 - 09:00 | Body Attack | All | Studio 1 |

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|---------------|-------------------|-----|----------|
| 09:00 - 09:45 | Zumba | All | Studio 1 |
| 09:45 - 10:45 | Pilates | All | Studio 1 |
| 09:50 - 10:35 | LA Water Aerobics | All | Pool |
| 10:45 - 11:45 | Body Combat | All | Studio 1 |

Sunday

| Time | Class | Level | Studio |
|---------------|-----------|-------|----------|
| 09:30 - 10:30 | Body Pump | All | Studio 1 |
| 10:30 - 11:30 | Zumba | All | Studio 1 |

£ - Paid Classes

| | |
|---|--|
| ■ - Tone | ■ - Fit |
| ■ - Train | ■ - Trim |

LA fitness
We'll get there together.