

Group Fitness Timetable - Brighton

Club phone number: 0843 170 1035 / 01273 685868

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

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 7:00pm

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

Monday

Time	Class	Level	Studio
10:00 - 11:00	Yoga	All	Studio 1
12:00 - 13:00	Body Combat	All	Studio 1
12:00 - 12:45	La spin	All	LA Spin
17:00 - 18:00	Body Pump	All	Studio 1
18:00 - 18:45	La spin	All	LA Spin
18:00 - 19:00	Zumba	All	Studio 1
18:00 - 18:45	LA Water Aerobics	All	Pool
19:00 - 19:45	La spin	All	LA Spin
19:00 - 20:00	Body Combat	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	La spin	All	LA Spin
12:00 - 13:00	Body Pump	All	Studio 1
12:15 - 13:00	La spin	All	LA Spin
13:00 - 14:00	Body Balance	All	Studio 1
18:00 - 18:45	La spin	All	LA Spin
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
19:00 - 19:45	La spin	All	LA Spin
20:00 - 21:00	Yoga	All	Studio 1

Wednesday

Time	Class	Level	Studio
07:00 - 07:45	La spin	All	LA Spin
12:00 - 13:00	Body Combat	All	Studio 1
13:15 - 13:45	Abs Blast	All	Studio 1

17:00 - 18:00	Yoga	All	Studio 1
18:00 - 18:45	LA Water Aerobics	All	Pool
18:00 - 18:45	Legs Bums and Tums	All	Studio 1
18:00 - 18:45	La spin	All	LA Spin
19:00 - 19:45	La spin	All	LA Spin
19:00 - 20:00	Pilates	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 07:45	La spin	All	LA Spin
10:00 - 11:00	Yoga	All	Studio 1
12:00 - 13:00	Body Pump	All	Studio 1
13:00 - 14:00	Body Balance	All	Studio 1
13:10 - 13:55	La spin	All	LA Spin
18:00 - 18:45	La spin	All	LA Spin
18:00 - 19:00	Zumba	All	Studio 1
19:00 - 20:00	Yoga Ashtanga	All	Studio 1
19:00 - 20:00	La spin	All	LA Spin

Friday

Time	Class	Level	Studio
10:00 - 10:45	La spin	All	LA Spin
11:15 - 11:45	Abs Blast	All	Studio 1
12:00 - 13:00	Body Pump	All	Studio 1
13:00 - 13:45	La spin	All	LA Spin
17:00 - 18:00	Body Combat	All	Studio 1
18:15 - 19:00	La spin	All	LA Spin

Saturday

Time	Class	Level	Studio
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10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
12:00 - 13:00	Yoga	All	Studio 1
12:30 - 13:15	La spin	All	LA Spin

Sunday

Time	Class	Level	Studio
10:00 - 11:00	Zumba	All	Studio 1
11:00 - 11:55	Body Pump	All	Studio 1
12:00 - 13:00	Pilates	All	Studio 1
12:30 - 13:15	La spin	All	LA Spin
13:00 - 14:00	Body Combat	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.