

Group Fitness Timetable - Brooklands - Manchester

Club phone number: 0843 170 1061 / 0161 972 8999

Mon - Fri: 7:00am - 10:00pm

Sat: 9:00am - 9:00pm

Sun: 09:00am - 10:00pm

Bank holiday opening hours: 09:00am - 10:00pm

Monday

Time	Class	Level	Studio
09:30 - 10:15	Body Conditioning	All	Studio 1
10:15 - 11:15	Step & Tone	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
11:30 - 12:15	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Pump	All	Studio 1
18:00 - 18:45	RPM	All	LA Spin
19:00 - 19:45	RPM	All	LA Spin
19:00 - 19:45	Body Combat	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:30 - 11:30	Body Conditioning	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
11:30 - 12:15	LA Water Aerobics	All	Pool
18:00 - 18:45	RPM	All	LA Spin
18:00 - 19:00	Yoga Iyenga (P)	All	Studio 1
19:00 - 20:00	Body Conditioning	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	Body Combat	All	Studio 1
10:45 - 11:30	LA Water Aerobics	All	Pool
11:15 - 12:15	Pilates (P)	All	Studio 1
18:00 - 18:45	RPM	All	LA Spin

19:00 - 20:00	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
20:15 - 21:15	Yoga Hatha	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:15	RPM	All	LA Spin
10:30 - 11:30	Yoga Hatha	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 19:45	Body Conditioning	All	Studio 1
19:00 - 19:45	RPM	All	LA Spin

Friday

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

Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
10:00 - 11:00	Body Combat	All	Studio 1
11:00 - 11:45	LA Spin	All	

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.