

Group Fitness Timetable - Burnham

Club phone number: 0843 1701028

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

Fri: 6.30am - 9.00pm

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

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

Monday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
09:30 - 10:30	Pure Power	All	Studio 1
11:00 - 12:00	Yoga Hatha	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
17:45 - 18:45	Body Combat	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:15	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Step	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:00 - 21:00	Boxercise	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	LA Spin	All	LA Spin
12:30 - 13:15	Body Pump	All	Studio 1
13:45 - 14:45	Pilates	All	Studio 1
17:45 - 18:15	Abs and Back Workout	All	Studio 1
18:20 - 19:05	LA Spin	All	LA Spin
18:30 - 19:15	Freestyle Power Aerobics	All	Studio 1
19:20 - 20:20	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:30 - 21:30	Pilates	All	Studio 1

Wednesday

Time	Class	Level	Studio
06:45 - 07:30	Cardio Circuit	All	Studio 1

09:30 - 10:30	Zumba	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:00	Abs and Back Workout	All	Studio 1
18:00 - 18:45	Core Conditioning	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 20:00	Yoga Hatha	All	Studio 1
19:45 - 20:30	LA Water Aerobics	All	Pool

Thursday

Time	Class	Level	Studio
06:45 - 07:30	Pure Power	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
09:30 - 10:15	Body Pump	All	Studio 1
10:45 - 11:45	Pilates	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
13:45 - 14:45	Yoga Hatha	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	Body Step	All	Studio 1
20:10 - 21:10	Body Balance	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:45 - 11:45	Body Balance	All	Studio 1
13:45 - 14:30	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 19:30	Abs and Back Workout	All	Studio 1

Saturday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:15 - 11:15	Body Step	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
11:30 - 12:30	Pilates	All	Studio 1
15:15 - 16:15	Zumba	All	Studio 1
16:30 - 17:30	Body Pump	All	Studio 1

Sunday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	Core Conditioning	All	Studio 1
12:00 - 13:00	Body Balance	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.