

Group Fitness Timetable - Cambridge

Club phone number: 0843 170 1051

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

Fri: 6:30am - 8:00pm

Sat & Sun: 9:00am - 5:00pm

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

Monday

Time	Class	Level	Studio
17:45 - 18:30	Boxercise	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:45 - 19:45	Yoga	All	Studio 2
19:30 - 20:30	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	Freestyle Pump	All	Studio 1
12:30 - 13:30	Yoga	All	Studio 2
17:45 - 18:30	Legs Bums & Tums	All	Studio 1
18:30 - 19:30	Body Combat	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
17:45 - 18:30	LA Spin	All	LA Spin
18:30 - 19:30	Body Pump	All	Studio 1
18:30 - 19:30	Yoga	All	Studio 2
19:30 - 20:30	Pilates	All	Studio 2

Thursday

Time	Class	Level	Studio
07:00 - 07:45	LA Core Stability	All	Studio 1
17:45 - 18:30	LA Core Stability	All	Studio 1
18:30 - 19:30	Body Combat	All	Studio 1
18:45 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Zumba	All	Studio 1

Friday

Time	Class	Level	Studio
07:00 - 07:45	Circuit	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
17:45 - 18:30	LA Spin	All	LA Spin
18:00 - 19:00	Yoga	All	Studio 1

Saturday

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

Sunday

Time	Class	Level	Studio
10:30 - 11:30	Zumba	All	Studio 1
12:00 - 13:00	Spin & Abs	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.