

Group Fitness Timetable - Cheltenham

Club phone number: 0843 170 1058 / 01242 682000

Mon - Thurs: 6.30am - 10.00pm

Fri 6.30am - 8.00pm

Sat & Sun 8.00am - 6.00pm

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

Monday

Time	Class	Level	Studio
09:30 - 10:15	Body Pump	All	Studio 1
09:45 - 10:30	LA Core Stability	All	Studio 2
14:30 - 15:15	LA Water Aerobics	All	Pool
17:45 - 18:30	Body Pump	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Yoga Ashtanga	All	Studio 2
18:45 - 19:45	Body Combat	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Zumba	All	Studio 2
09:30 - 10:15	LA Prime Time (P)	All	Studio 1
10:30 - 11:30	Legs Bums & Tums	All	Studio 1
18:00 - 19:00	Zumba	All	Studio 2
18:00 - 18:45	Pilates	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 19:45	Body Pump	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
09:30 - 10:30	Pilates	All	Studio 1
18:00 - 19:00	Zumba	All	Studio 2
18:00 - 18:45	Body Combat	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
18:45 - 19:30	Body Balance	All	Studio 1

19:00 - 19:45 LA Spin All LA Spin

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
17:45 - 18:45	Body Pump	All	Studio 1
17:45 - 18:45	Legs Bums & Tums	All	Studio 2
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:30	Body Combat	All	Studio 1
19:30 - 20:15	Body Balance	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:15	Body Pump	All	Studio 1
10:15 - 11:00	Body Balance	All	Studio 1
18:00 - 19:00	Zumba	All	Studio 2

Saturday

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

Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 11:30	LA Core Stability	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.