

# Group Fitness Timetable - Colchester

Club phone number: 0843 170 1045

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

Fri: 6:30am - 8:00pm

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

Bank holiday opening hours: 08:00am - 03:00pm

## Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
09:40 - 10:25	LA Spin	All	LA Spin
10:30 - 11:30	Body Balance	All	Studio 1
18:00 - 19:00	Body Balance	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Body Combat	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Attack	All	Studio 1
09:40 - 10:25	LA Spin	All	LA Spin
10:30 - 11:30	Legs Bums & Tums	All	Studio 1
18:00 - 19:00	Body Attack	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
19:15 - 20:00	Circuit	All	Studio 1
20:00 - 21:00	Pilates	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
09:40 - 10:25	LA Spin	All	LA Spin
10:30 - 11:30	Zumba	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1
19:30 - 20:30	LA Water Aerobics	All	Pool

20:00 - 21:00 Body Balance All Studio 1

## Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:40 - 11:40	Pilates	All	Studio 1
11:45 - 12:30	LA Water Aerobics	All	Pool
18:00 - 18:45	Circuit	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
18:45 - 19:45	Step	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:40 - 11:40	Body Balance	All	Studio 1
18:30 - 19:30	Zumba	All	Studio 1

## Saturday

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

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
09:40 - 10:25	LA Spin	All	LA Spin
10:30 - 11:30	Body Balance	All	Studio 1
16:30 - 17:30	Yoga	All	Studio 1

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: yellow;">■</span> - Fit
<span style="color: orange;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.