

Group Fitness Timetable - Ewell

Club phone number: 0843 170 1023

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
09:15 - 10:00	Aerobics	All	Studio 1
10:00 - 11:00	Body Conditioning	All	Studio 1
11:00 - 12:00	Yoga	All	Studio 1
13:45 - 14:30	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	LA Spin
18:15 - 19:00	Body Attack	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 19:45	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin
10:00 - 10:45	Legs Bums & Tums	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
11:45 - 12:45	Pilates	All	Studio 1
17:15 - 18:10	Yoga	All	Studio 1
18:15 - 19:00	Legs Bums & Tums	All	Studio 1
18:30 - 19:00	LA Spin	All	LA Spin
19:00 - 19:45	Pilates	All	Studio 1
19:45 - 20:30	LA Spin	All	LA Spin
19:45 - 20:45	Body Combat	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:15 - 10:00	Body Pump	All	Studio 1
10:00 - 11:00	Body Balance	All	Studio 1

10:15 - 11:00	LA Spin	All	LA Spin
12:00 - 12:45	LA Water Aerobics	All	Pool
13:00 - 14:00	Yoga	All	Studio 1
18:15 - 19:15	Yoga	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
19:20 - 20:05	LA Spin	All	LA Spin
19:30 - 20:15	20/20/20	All	Studio 1
20:15 - 21:15	Body Pump	All	Studio 1

Thursday

Time	Class	Level	Studio
06:45 - 07:15	LA Spin	All	LA Spin
09:15 - 10:00	Body Pump	All	Studio 1
10:00 - 11:00	Body Combat	All	Studio 1
11:10 - 11:55	Pilates	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
12:00 - 13:00	Dance Freestyle	All	Studio 1
17:45 - 18:30	Body Balance	All	Studio 1
18:15 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	Dance Freestyle	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
19:15 - 20:15	Step and Tone	All	Studio 1

Friday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin
09:15 - 10:00	Legs Bums & Tums	All	Studio 1
10:00 - 10:45	Body Attack	All	Studio 1
11:00 - 12:00	Pilates	All	Studio 1
12:00 - 13:00	Body Balance	All	Studio 1

18:30 - 19:30	Yoga	All	Studio 1
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Saturday

Time	Class	Level	Studio
09:00 - 10:00	Body Combat	All	Studio 1
09:00 - 09:45	LA Spin	All	LA Spin
10:00 - 11:00	LA Spin	All	LA Spin
11:00 - 12:00	Body Pump	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool

Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Water Aerobics	All	Pool
10:00 - 10:45	LA Spin	All	LA Spin
10:00 - 10:45	Dance Freestyle	All	Studio 1
11:00 - 12:00	Body Pump	All	Studio 1

£ - Paid Classes

- Tone
- Fit
- Train
- Trim

LA fitness
We'll get there together.