

Group Fitness Timetable - Fareham

Club phone number: 0843 1701 070

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

Fri: 6:30am - 8:00pm

Sat & Sun: 8:00am - 4:00pm

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

Monday

Time	Class	Level	Studio
11:00 - 12:00	Legs Bums & Tums	All	Studio 1
12:00 - 12:45	LA Water Aerobics	All	Pool
18:15 - 19:15	Body Combat	All	Studio 1
18:15 - 19:15	Dance Freestyle	All	Studio 2
19:00 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1

06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Zumba	All	Studio 1
13:00 - 14:00	Pilates	All	Studio 1
18:15 - 19:15	Legs Bums & Tums	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Body Combat	All	Studio 1
11:45 - 12:45	Primetime (P)	All	
18:15 - 19:15	Circuits	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
19:00 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Yoga	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:30	Body Conditioning	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:00 - 11:00	Body Combat	All	Studio 1
11:15 - 12:15	Zumba	All	Studio 1

Sunday

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


Wednesday

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

Thursday

Time	Class	Level	Studio
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£ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

LA fitness
We'll get there together.