

Group Fitness Timetable - Gatwick

Club phone number: 0843 170 1024

Mon - Fri: 7:00am - 10:00pm

Sat & Sun: 8.30am - 8.00pm

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

Monday

Time	Class	Level	Studio
09:00 - 10:00	Yoga	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
18:15 - 19:15	20-20-20	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:15 - 20:15	Body Pump	All	Studio 1
20:15 - 21:15	Body Balance	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Conditioning	All	Studio 1
10:30 - 11:30	Body Balance	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	LA Spin
18:15 - 19:00	LA Water Aerobics	All	Pool
18:15 - 19:15	Body Combat	All	Studio 1
19:15 - 20:15	Zumba	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:15 - 10:45	LA Water Aerobics	All	Pool
10:00 - 11:00	Body Combat	All	Studio 1
18:15 - 19:15	Body Pump	All	Studio 1
19:15 - 20:15	Body Balance	All	Studio 1

Thursday

Time	Class	Level	Studio
08:30 - 09:30	Tai Chi	All	Studio 1
09:30 - 10:30	Body Pump	All	Studio 1

09:30 - 10:15	LA Spin	All	LA Spin
10:45 - 11:45	Pilates	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
09:15 - 10:45	LA Water Aerobics	All	Pool
10:00 - 11:00	Body Combat	All	Studio 1
18:00 - 19:00	Circuit	All	Studio 1

Saturday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	LA Spin
10:00 - 10:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Balance	All	Studio 1

Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.