

Group Fitness Timetable - Glasgow - Argyle Street

Club phone number: 0843 170 1080

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

Fri - 6.30am - 8pm

Sat & Sun: 9:00am - 5:00pm

Bank holiday opening hours: 10:00am - 05:00pm

Monday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
12:30 - 13:15	Body Pump	All	Studio 1
13:15 - 14:00	Circuit	All	Studio 1
17:45 - 18:30	Body Attack	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:30	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:30 - 13:15	Body Combat	All	Studio 1
13:15 - 14:00	Pilates	All	Studio 1
17:30 - 18:15	Step	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Body Conditioning	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Circuit	All	Studio 1
13:05 - 13:50	Legs Bums & Tums	All	Studio 1
17:45 - 18:30	Body Combat	All	Studio 1

18:00 - 18:45	LA Spin	All	LA Spin	12:00 - 12:45	LA Spin	All	LA Spin
18:30 - 19:30	Body Balance	All	Studio 1	12:50 - 13:20	Abs and Back Workout	All	Studio 1

Thursday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:30 - 13:15	Body Attack	All	Studio 1
13:15 - 14:00	Body Balance	All	Studio 1
17:30 - 18:15	LA Spin	All	LA Spin
17:30 - 18:15	Aerobics	All	Studio 1
18:15 - 19:00	Legs Bums & Tums	All	Studio 1
18:30 - 19:30	Spin & Tone	All	LA Spin

Friday

Time	Class	Level	Studio
07:30 - 08:15	Circuit	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Pump	All	Studio 1
13:05 - 13:50	Body Combat	All	Studio 1
17:30 - 18:15	Body Attack	All	Studio 1
17:30 - 18:15	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:30 - 11:15	LA Spin	All	LA Spin
11:20 - 11:50	Abs and Back Workout	All	Studio 1

Sunday

Time	Class	Level	Studio
11:15 - 12:00	Yoga	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.