

Group Fitness Timetable - Glasgow - Milngavie

Club phone number: 0843 170 1084

Mon - Thurs: 6.30am - 10.00pm

Fri: 6.30am - 8.00pm

Sat & Sun: 8.00am - 6.00pm

Bank Holiday opening hours: 09:00am-04.00pm

Monday

Time	Class	Level	Studio
09:05 - 10:05	Dance Line Dancing	All	Studio 1
10:15 - 11:00	Legs Bums & Tums	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	20/20/20	All	Studio 1
20:00 - 21:00	Yoga	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:15 - 10:00	Body Pump	All	Studio 1
10:15 - 11:00	Pilates	All	Studio 1
18:00 - 18:45	Zumba	All	Studio 1
18:15 - 19:15	LA Spin	All	LA Spin
18:45 - 19:45	Body Conditioning	All	Studio 1
19:45 - 20:45	Body Balance	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:25 - 10:25	Body Balance	All	Studio 1
10:30 - 11:15	Aerobic & Tone	All	Studio 1
18:00 - 18:45	Body Attack	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:45	Body Pump	All	Studio 1
19:45 - 20:45	20/20/20	All	Studio 1

Thursday

Time	Class	Level	Studio
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09:15 - 10:00	Body Pump	All	Studio 1
10:15 - 11:00	Pilates	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Jam	All	Studio 1
19:00 - 19:45	Body Pump	All	Studio 1
19:45 - 20:45	Zumba	All	Studio 1

Friday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
08:45 - 09:30	Aerobics (P)	All	Studio 1
09:30 - 10:15	Zumba	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
08:30 - 09:30	Pilates	All	Studio 1
09:35 - 10:35	Body Balance	All	Studio 1
10:35 - 11:35	Body Jam	All	Studio 1

Sunday

Time	Class	Level	Studio
10:00 - 11:00	Pilates	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.