

# Group Fitness Timetable - Guildford

Club phone number: 0843 170 1029

Mon to Thurs 6.30am - 10.00pm

Fri 6.30am - 9.00pm

Sat and Sun 8.30am - 4.00pm

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

## Monday

Time	Class	Level	Studio
10:15 - 11:15	LA Water Aerobics	All	Pool
10:15 - 11:15	Pilates	All	Studio 1
20:00 - 21:00	Yoga	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:30 - 10:15	Legs Bums & Tums	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Zumba	All	Studio 1
17:45 - 18:30	Legs Bums & Tums	All	Studio 1
18:45 - 19:45	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:00 - 21:00	Body Balance	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin
09:45 - 10:45	LA Water Aerobics	All	Pool
18:15 - 19:00	LA Spin	All	LA Spin
18:45 - 19:45	Yoga	All	Studio 1
20:00 - 21:00	Circuit	All	Studio 1

## Thursday

Time	Class	Level	Studio
10:00 - 11:00	Body Balance	All	Studio 1
11:00 - 12:00	Primetime (P)	All	Studio 1
18:30 - 19:30	Zumba	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:15 - 10:15	Body Pump	All	Studio 1
10:00 - 11:00	LA Water Aerobics	All	Pool
10:15 - 11:15	Step	All	Studio 1
11:15 - 12:15	Yoga	All	Studio 1
17:45 - 18:45	Pilates	All	Studio 1

## Saturday

Time	Class	Level	Studio
08:00 - 09:00	Body Pump	All	Studio 1
10:15 - 11:15	Yoga	All	Studio 1
11:30 - 12:30	Zumba	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	LA Water Aerobics	All	Pool
11:00 - 11:45	LA Spin	All	LA Spin

### £ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

**LA fitness**  
We'll get there together.