

Group Fitness Timetable - Henley

Club phone number: 08431 701030

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

Fri: 6:00am - 8:00pm

Sat & Sun: 8:00am - 6:00pm

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

Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
11:00 - 12:00	Pilates	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
12:45 - 13:45	Yoga	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:30	Body Pump	All	Studio 1
19:30 - 20:30	Pilates	All	Studio 1
20:30 - 21:30	Pilates	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
09:30 - 10:30	Body Conditioning	All	Studio 1
10:30 - 11:30	Zumba	All	Studio 1
13:00 - 14:00	Pilates	All	Studio 1
18:00 - 19:00	Body Conditioning	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Body Balance	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
12:30 - 13:30	Pilates	All	Studio 1
13:30 - 14:30	Pilates	All	Studio 1

18:00 - 19:00	Body Attack	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Body Balance	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Attack	All	Studio 1
10:30 - 11:30	Zumba	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1
18:00 - 19:00	Step & Tone	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin

Friday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Body Balance	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
13:00 - 14:00	Yoga	All	Studio 1
18:00 - 19:00	Yoga	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:00 - 11:00	Step & Tone	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin

Sunday

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

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.