

Group Fitness Timetable - Huntingdon

Club phone number: 0843 170 1052

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

Fri: 6.30am - 8.00pm

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

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

Monday

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

Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	High & Low Conditioning	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Circuit	All	Studio 1
10:30 - 11:30	Aerobic & Tone	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	Body Combat	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
20:00 - 21:00	Zumba	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Conditioning	All	Studio 1
10:30 - 11:30	LA Water Aerobics	All	Pool
18:00 - 19:00	Freestyle Pump	All	Studio 1

19:00 - 19:45 LA Spin All LA Spin

Friday

Time	Class	Level	Studio
10:00 - 10:45	LA Core Stability	All	Studio 1

Saturday

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

Sunday

Time	Class	Level	Studio
09:30 - 10:30	Boxercise	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.