

# Group Fitness Timetable - Isleworth

Club phone number: 08431 701031

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

Fri: 6:30am - 9:00pm

Sat & Sun: 9:00am - 6:00pm

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

## Monday

Time	Class	Level	Studio
07:15 - 08:15	Circuit	All	Studio 1
09:30 - 10:30	Spin & Abs	All	LA Spin
18:00 - 18:45	Khai-Bo	All	Studio 1
18:45 - 19:30	LA Spin	All	Studio 1
20:00 - 21:00	Circuit	All	Studio 1

## Tuesday

Time	Class	Level	Studio
07:15 - 07:45	Spin & Abs	All	LA Spin
09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:15	Pilates	All	Studio 1
11:30 - 12:30	Body Conditioning	All	Studio 1
18:00 - 19:00	Cardio Sculpt	All	Studio 1
18:45 - 19:45	Spin & Abs	All	LA Spin
19:45 - 20:45	Yoga Vinyesa	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Body Conditioning	All	Studio 1
18:00 - 18:45	Freestyle Pump	All	Studio 1
18:45 - 19:45	Spin & Abs	All	LA Spin
18:45 - 19:45	Zumba	All	Studio 1
20:00 - 21:00	Circuit	All	Studio 1

## Thursday

Time	Class	Level	Studio
18:15 - 19:15	Step	All	Studio 1
19:15 - 20:00	Legs Bums & Tums	All	Studio 1

20:00 - 20:45 Pilates All Studio 1

## Friday

Time	Class	Level	Studio
09:30 - 10:30	Aerobics	All	Studio 1
10:00 - 11:00	Spin & Abs	All	LA Spin
11:00 - 11:45	Body Conditioning	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:30 - 10:30	Spin & Abs	All	LA Spin
10:00 - 11:00	Step	All	Studio 1
11:00 - 12:00	Freestyle Pump	All	Studio 1
12:15 - 13:15	Yoga Vinyesa	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Spin & Abs	All	LA Spin
10:00 - 11:00	Step	All	Studio 1
11:15 - 12:15	Synergise	All	Studio 1

£ - Paid Classes

- Tone
- Fit
- Train
- Trim

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