

# Group Fitness Timetable - Kings Heath

Club phone number: 0843 170 1059

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

Fri: 6.30 - 9.00pm

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

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

## Monday

Time	Class	Level	Studio
09:15 - 10:00	Step & Tone	All	Studio 1
10:15 - 11:00	LA Spin	All	LA Spin
18:00 - 19:00	LA Spin	All	LA Spin
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

## Tuesday

Time	Class	Level	Studio
06:45 - 07:15	LA Spin	All	Studio 1
09:30 - 10:30	Body Pump	All	Studio 1
09:45 - 10:30	LA Water Aerobics	All	Pool
17:30 - 18:30	Circuit	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
18:30 - 19:15	LA Core stability	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:15 - 20:00	Body Combat	All	Studio 1
20:00 - 21:00	Pilates	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:15 - 10:00	Step & Tone	All	Studio 1
10:15 - 11:15	LA Spin	All	LA Spin
10:45 - 11:45	Yoga	All	Studio 1
18:00 - 19:00	Boot Camp	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Pump	All	Studio 1

20:00 - 21:00 Body Balance All Studio 1

## Thursday

Time	Class	Level	Studio
06:45 - 07:15	LA Spin	All	LA Spin
09:30 - 10:30	Circuit	All	Studio 1
10:30 - 11:30	Body Combat	All	Studio 1
18:00 - 19:00	20/20/20	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
19:15 - 20:15	Yoga	All	Studio 1

## Friday

Time	Class	Level	Studio
09:30 - 10:30	Circuit	All	Studio 1
10:00 - 11:00	LA Water Aerobics	All	Pool
10:30 - 11:30	Yoga Hatha	All	Studio 1
18:15 - 19:15	Boot Camp	All	Studio 1

## Saturday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	Studio 1
11:00 - 12:00	Body Pump	All	Studio 1

## Sunday

Time	Class	Level	Studio
10:00 - 11:00	Aerobics	All	Studio 1
11:00 - 12:00	Body Balance	All	Studio 1
12:15 - 13:15	LA Water Aerobics	All	Pool

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: yellow;">■</span> - Fit
<span style="color: orange;">■</span> - Train	<span style="color: red;">■</span> - Trim

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