

# Group Fitness Timetable - Kings Lynn

Club phone number: 0843 170 1053 / 01553 762 888

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
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio 1
11:30 - 12:30	Zumba	All	Studio 1
13:00 - 13:45	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Combat	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
18:30 - 19:15	LA Spin	All	LA Spin

17:15 - 18:15	Yoga (60)	All	Studio 1
18:30 - 19:30	Circuit	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Combat	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
12:00 - 13:00	NIA	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:15 - 11:15	Body Balance	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin

## Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:45 - 11:30	LA Spin	All	LA Spin

## Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
10:00 - 11:00	Zumba	All	Studio 1
11:15 - 12:15	Body Balance	All	Studio 1

## Wednesday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
10:00 - 11:00	Body Combat	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Zumba	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
19:15 - 20:15	Body Balance	All	Studio 1

## Thursday

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

### £ - Paid Classes

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

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