

Group Fitness Timetable - Lincoln City

Club phone number: 0843 170 1067

Mon - Thurs: 6:30am - 9:30pm

Fri: 6.30am - 9.00pm

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

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

Monday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	Studio 2
09:45 - 10:45	Pilates	All	Studio 1
18:00 - 18:45	LA Spin	All	Studio 2
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	Body Combat	All	Studio 1
19:15 - 20:15	Pilates	All	Studio 2

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	Studio 2
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Step	All	Studio 1
19:30 - 20:30	Yoga	All	Studio 2

Wednesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	Studio 2
09:30 - 10:30	Pilates	All	Studio 1
10:30 - 11:30	20/20/20	All	Studio 1
12:15 - 13:15	Zumba	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
18:00 - 18:45	LA Spin	All	Studio 2
19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Pilates	All	Studio 2

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:30 - 11:15	Zumba	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	Studio 2
18:00 - 18:45	Circuits	All	Studio 1
19:00 - 19:45	Zumba	All	Studio 1
19:00 - 19:45	LA Spin	All	Studio 2

Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	Studio 2
09:30 - 10:30	Body Pump	All	Studio 1
10:45 - 11:45	Body Combat	All	Studio 1
17:30 - 18:30	Body Pump	All	Studio 1

Saturday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	Studio 2
09:00 - 10:00	Step	All	Studio 1
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
12:15 - 13:15	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
09:30 - 10:30	LA Spin	All	Studio 2

£ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

LA fitness
We'll get there together.