

Group Fitness Timetable - Lincoln South West

Club phone number: 0843 170 1072

Mon - Thurs: 7.00am - 10.00pm

Fri: 7.00am - 9.00pm

Sat & Sun: 8:00am - 6.00pm

Bank Holiday opening hours: 09:00am-04.00pm

Monday

Time	Class	Level	Studio
09:45 - 10:45	Body Combat	All	Studio 1
10:45 - 11:30	LA Spin	All	LA Spin
14:00 - 15:00	Primetime LA Water Aerobics	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:45 - 10:45	Legs Bums & Tums	All	Studio 1
11:00 - 11:45	LA Spin	All	LA Spin
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
20:00 - 21:00	Zumba	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Water Aerobics	All	Pool
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	LA Spin	All	LA Spin
19:10 - 20:10	Circuit	All	Studio 1
20:15 - 21:15	Yoga	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:25 - 11:10	Primetime	All	Pool
10:30 - 11:30	Body Pump	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
20:00 - 21:00	Legs Bums & Tums	All	Studio 1

Friday

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

Saturday

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

£ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

LA fitness
We'll get there together.