

Group Fitness Timetable - Liverpool

Club phone number: 0843 170 1074

Mon - Thurs: 6:30am - 10.00pm

Fri: 6.30am - 9.00pm

Sat & Sun: 8.00am - 4.00pm

Bank Holiday opening hours: 10:00am - 05.00pm

Monday

Time	Class	Level	Studio
09:15 - 10:15	Body Pump	All	Studio 1
17:45 - 18:30	Body Combat	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:30	Body Conditioning	All	Studio 1
19:30 - 20:30	Yoga	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:45 - 10:45	Aerobics	All	Studio 1
10:45 - 11:45	Pilates	All	Studio 1
18:00 - 19:00	Body Attack	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
19:00 - 20:00	Pilates	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:15 - 10:15	Body Conditioning	All	Studio 1
13:40 - 14:40	Dance Salsa	All	Studio 1
17:30 - 18:15	Step	All	Studio 1
18:15 - 19:15	Body Combat	All	Studio 1
18:15 - 19:15	LA Spin	All	LA Spin

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
18:00 - 19:00	Body Attack	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Dance Salsa	All	Studio 1

Friday

Time	Class	Level	Studio
10:15 - 11:15	Yoga	All	Studio 1
14:30 - 15:30	Pilates	All	Studio 1
18:00 - 18:30	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
09:00 - 10:00	Body Attack	All	Studio 1
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
11:15 - 12:00	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio 1
15:00 - 16:00	Yoga	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.