

Group Fitness Timetable - Bayswater

Club phone number: 0843 170 1004

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

Fri: 6.30am - 9.00pm

Sat & Sun: 9:00am - 6:00pm

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

Monday

Time	Class	Level	Studio
10:30 - 11:30	Body Pump	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Body Pump	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
19:15 - 20:00	Step	All	Studio 1
20:00 - 21:00	Yoga	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
09:30 - 10:30	Yoga	All	Studio 1
10:45 - 11:45	Legs Bums & Tums	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	BOXERCISE	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
19:15 - 20:00	Zumba	All	Studio 1
20:00 - 21:00	Capoiera (£)	All	Studio 1
20:15 - 21:00	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
07:15 - 08:15	Circuit	All	Studio 1
09:30 - 10:30	Pilates	All	Studio 1
10:45 - 11:45	Body Conditioning	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin

18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Step	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Pilates	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:00	LA Water Aerobics	All	Pool
18:15 - 19:00	Zumba	All	Studio 1
19:15 - 20:15	Body Pump	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:15 - 21:15	Yoga	All	Studio 1

Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
09:15 - 10:15	Yoga	All	Studio 1
10:45 - 11:30	Body Conditioning	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
19:00 - 20:00	Capoiera (£)	All	Studio 1

Saturday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
10:45 - 11:30	LA Water Aerobics	All	Pool
11:00 - 12:00	Pilates	All	Studio 1

12:00 - 13:00	Body Pump	All	Studio 1
13:00 - 14:00	Body Combat	All	Studio 1
13:15 - 14:00	LA Spin	All	LA Spin
16:30 - 17:15	Yoga	All	Studio 1

Sunday

Time	Class	Level	Studio
11:30 - 12:15	LA Spin	All	LA Spin
12:30 - 13:30	Body Pump	All	Studio 1
14:00 - 15:00	Body Combat	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.