

Group Fitness Timetable - Edgware

Club phone number: 0843 170 1012

Mon - Thurs: 7:00am - 10:00pm

Fri: 7:00am - 9:00pm

Sat: 8:00am - 7:00pm

Sun: 9:00am - 7:00pm

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

Monday

Time	Class	Level	Studio
09:15 - 10:00	Legs Bums & Tums	All	Studio 1
10:00 - 11:00	Kickboxing	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
18:15 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Legs Bums & Tums	All	Studio 1
19:15 - 20:15	Body Balance	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Zumba	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
10:30 - 11:30	Body Pump	All	Studio 1
18:30 - 19:15	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
19:30 - 20:30	Pilates	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:35 - 10:35	Pilates	All	Studio 1
09:45 - 10:30	LA Spin	All	LA Spin
10:40 - 11:25	Aerobics	All	Studio 1
18:00 - 19:00	Yoga Kundalini	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin
19:00 - 19:45	Zumba	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin

09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:15	Legs Bums & Tums	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
18:30 - 19:15	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin

Friday

Time	Class	Level	Studio
08:45 - 09:45	Pilates	All	Studio 1
09:45 - 10:30	LA Water Aerobics	All	Pool
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 12:00	Zumba	All	Studio 1

Saturday

Time	Class	Level	Studio
09:00 - 10:00	Yoga Kundalini	All	Studio 1
09:15 - 10:00	LA Spin	All	LA Spin
10:00 - 11:00	Aerobics	All	Studio 1
10:15 - 11:00	LA Spin	All	LA Spin
11:00 - 12:00	Body Pump	All	Studio 1
12:10 - 13:10	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin
10:00 - 10:45	Body Pump	All	Studio 1
12:00 - 13:00	Yoga Kundalini	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.