

Group Fitness Timetable - Finchley

Club phone number: 0843 170 1013

Mon - Thurs: 6:30am - 10.00pm

Fri: 6:30am - 9:00pm

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

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

Monday

Time	Class	Level	Studio
09:30 - 10:30	Aerobics	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
10:15 - 11:00	LA Spin	All	LA Spin
10:35 - 11:35	Zumba	All	Studio 2
12:00 - 13:00	Pilates	All	Studio 2
13:00 - 14:00	Yoga	All	Studio 2
18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Pilates	All	Studio 2
19:20 - 20:20	LA Spin	All	LA Spin
20:00 - 21:00	Pilates	All	Studio 2
20:00 - 21:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:15	Body Combat	All	Studio 1
10:00 - 11:00	Pilates	All	Studio 2
10:30 - 11:30	Aerobics	All	Studio 1
18:00 - 18:45	Legs Bums & Tums	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:05 - 19:50	LA Spin	All	LA Spin
20:00 - 21:00	Yoga Hatha	All	Studio 2

Wednesday

Time	Class	Level	Studio
09:00 - 10:00	Pilates	All	Studio 2

10:00 - 10:45	LA Spin	All	LA Spin
10:30 - 11:30	Aerobics	All	Studio 2
11:00 - 12:00	Yoga	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
18:30 - 19:30	Body Blast	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:15 - 21:15	Yoga Kundalini	All	Studio 2

Thursday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
08:00 - 09:00	Yoga	All	Studio 2
09:00 - 09:45	LA Spin	All	LA Spin
09:30 - 10:15	LA Water Aerobics	All	Pool
10:00 - 11:00	Body Pump	All	Studio 1
12:00 - 13:00	Yoga	All	Studio 2
13:00 - 14:00	Pilates	All	Studio 2
17:30 - 18:30	Yoga Hatha	All	Studio 2
18:00 - 18:45	LA Spin	All	LA Spin
19:00 - 19:45	LA Spin	All	LA Spin
20:00 - 20:45	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
08:15 - 09:00	LA Spin	All	LA Spin
09:00 - 10:00	Pilates	All	Studio 2
09:30 - 10:30	Aerobics	All	Studio 1
10:00 - 11:00	Pilates	All	Studio 2
10:30 - 11:30	Aerobics	All	Studio 1

Saturday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	LA Spin
09:00 - 10:00	Step	All	Studio 1
10:00 - 11:00	Tai Chi	All	Studio 2
10:00 - 11:00	Legs Bums & Tums	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 11:45	LA Spin	All	LA Spin
11:15 - 12:15	Zumba	All	Studio 1
13:00 - 14:00	Pilates	All	Studio 2
14:15 - 15:15	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	LA Spin
09:50 - 10:50	Aerobics	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
10:00 - 11:00	Yoga	All	Studio 2
11:00 - 12:00	Body Pump	All	Studio 1
11:00 - 12:00	Pilates	All	Studio 2
12:00 - 13:00	Pilates	All	Studio 2

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.