

Group Fitness Timetable - Golders Green

Club phone number: 0843 170 1014

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

Fri: 6:30am - 8:00pm

Sat: 8:00am - 7:00pm

Sun: 8:00am - 6:00pm

Bank holiday opening hours: 10:00am - 05:00pm

Monday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	LA Water Aerobics	All	Pool
14:30 - 15:30	Yoga	All	Studio 1
19:00 - 20:00	Body Combat	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:00 - 21:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
10:40 - 11:40	Pilates	All	Studio 1
19:15 - 20:00	LA Water Aerobics	All	Pool
19:15 - 20:00	LA Spin	All	LA Spin
19:30 - 20:30	Legs Bums & Tums	All	Studio 1
20:30 - 21:30	Body Balance	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
11:15 - 12:15	Body Balance	All	Studio 1
18:00 - 19:00	Pilates	All	Studio 1
19:00 - 20:00	Step	All	Studio 1
19:15 - 20:00	LA Water Aerobics	All	Pool
19:15 - 20:00	LA Spin	All	LA Spin

20:00 - 21:00 Body Pump

All Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Core Stability	All	Studio 1
10:30 - 11:15	LA Water Aerobics	All	Pool
10:30 - 11:30	Yoga	All	Studio 1
18:30 - 19:30	Body Combat	All	Studio 1
19:30 - 20:30	Body Balance	All	Studio 1

Friday

Time	Class	Level	Studio
08:30 - 09:30	Pilates	All	Studio 1
09:30 - 10:30	Pilates	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
10:40 - 11:25	LA Water Aerobics	All	Pool


Saturday

Time	Class	Level	Studio
10:30 - 11:15	LA Spin	All	LA Spin
11:15 - 11:45	Abs and Back Workout	All	Studio 1
12:00 - 13:00	Pilates	All	Studio 1

Sunday

Time	Class	Level	Studio
10:00 - 10:30	Abs and Back Workout	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
10:30 - 11:30	Step	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
12:30 - 13:30	Yoga	All	Studio 1

£ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

LA fitness
We'll get there together.