

Group Fitness Timetable - Great Portland Street

Club phone number: 0843 170 1086

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

Fri: 6:30am - 8:00pm

Sat & Sun: 9:00am - 4:00pm

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

Monday

Time	Class	Level	Studio
07:30 - 08:00	LA Spin	All	LA Spin
08:05 - 08:20	abs attack	All	Studio1
12:15 - 13:00	circuit	All	Studio1
12:30 - 13:15	LA Spin	All	LA Spin
13:15 - 14:00	Pilates	All	Studio1
17:45 - 18:30	Body Pump	All	Studio1
18:15 - 18:45	LA Spin	All	LA Spin
18:30 - 19:00	Abs and Back Workout	All	Studio1

Tuesday

Time	Class	Level	Studio
07:30 - 08:00	LA Spin	All	LA Spin
08:05 - 08:20	abs attack	All	Studio1
12:15 - 13:00	Body Pump	All	Studio1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 13:45	Yoga Iyenga	All	Studio1
17:45 - 18:30	circuit	All	Studio1
18:15 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	LA Water Aerobics	All	Pool
18:30 - 19:15	Step	All	Studio1
19:15 - 20:00	Legs Bums and Tums	All	Studio1

Wednesday

Time	Class	Level	Studio
07:30 - 08:15	Yoga Iyenga	All	Studio1
12:00 - 12:45	LA Spin	All	LA Spin
12:30 - 13:15	Pilates	All	Studio1

13:15 - 13:45	Abs and Back Workout	All	Studio1
17:45 - 18:30	zumba	All	Studio1
18:15 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	Body Conditioning	All	Studio1

Thursday

Time	Class	Level	Studio
07:30 - 08:15	Body Pump	All	Studio1
12:15 - 13:00	Step	All	Studio1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 13:45	Legs Bums and Tums	All	Studio1
17:45 - 18:15	Abs and Back Workout	All	Studio1
18:15 - 18:45	LA Spin	All	LA Spin
18:15 - 19:00	Pilates	All	Studio1
18:30 - 19:15	LA Water Aerobics	All	Pool

Friday

Time	Class	Level	Studio
07:30 - 08:00	Abs and Back Workout	All	Studio1
12:15 - 13:00	Boot Camp	All	Studio1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 13:45	Pilates	All	Studio1
17:45 - 18:30	zumba	All	Studio1
18:30 - 19:15	Body Pump	All	Studio1

Saturday

Time	Class	Level	Studio
10:00 - 11:00	Body Pump	All	Studio1
11:00 - 11:45	LA Spin	All	LA Spin

Sunday

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.