

Group Fitness Timetable - Holborn

Club phone number: 0843 170 1011

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 - 08:15	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Conditioning	All	Studio 1
13:15 - 14:00	Body Pump	All	Studio 1
13:15 - 14:00	LA Spin	All	LA Spin
17:15 - 17:45	Abs and Back Workout	All	Studio 1
17:45 - 18:30	Body Balance	All	Studio 1
18:00 - 18:45	LA Water Aerobics	All	Pool
18:30 - 19:15	LA Spin	All	LA Spin
18:45 - 19:30	Legs Bums & Tums	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:30 - 08:15	Circuit	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Conditioning	All	Studio 1
13:00 - 13:45	Body Pump	All	Studio 1
13:15 - 14:00	LA Spin	All	LA Spin
13:45 - 14:30	Body Balance	All	Studio 1
18:00 - 18:45	Legs Bums & Tums	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:30	Zumba	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
07:30 - 08:00	Abs and Back Workout	All	Studio 1

12:00 - 13:00	Pilates	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:00 - 13:45	Legs Bums & Tums	All	Studio 1
13:15 - 14:00	LA Spin	All	LA Spin
17:45 - 18:30	Combat Kickboxing	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:30	Pilates	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Thursday

Time	Class	Level	Studio
07:30 - 08:15	Body Pump	All	Studio 1
12:00 - 13:00	Yoga Ashtanga	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:15 - 14:00	Boot Camp	All	Studio 1
17:45 - 18:30	Body Pump	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 20:00	Pilates	All	Studio 1

Friday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin
12:15 - 13:00	Zumba	All	Studio 1
13:00 - 14:00	Yoga Hatha	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 11:45	Body Pump	All	Studio 1

Time	Class	Level	Studio
11:45 - 12:30	Body Balance	All	Studio 1

Sunday

Time	Class	Level	Studio
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£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.