

Group Fitness Timetable - London Wall

Club phone number: 0843 170 1007

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
07:15 - 08:00	Circuit	All	Studio 1
07:15 - 08:00	Pilates	All	Studio 2
12:00 - 12:45	Pilates	All	Studio 2
12:00 - 12:45	LA Spin	All	LA Spin
12:15 - 13:00	Tai Bo	All	Studio 1
13:00 - 13:45	Yoga Vinyasa	All	Studio 2
13:00 - 13:45	LA Spin	All	LA Spin
13:00 - 13:45	LA Water Aerobics	All	Pool
13:15 - 14:00	Boot Camp	All	Studio 1
14:05 - 14:35	Abs and Back Workout	All	Studio 1
17:45 - 18:30	Aerobics	All	Studio 1
17:45 - 18:30	Pilates	All	Studio 2
17:50 - 18:35	LA Spin	All	LA Spin
18:35 - 19:05	Abs Attack	All	Studio 2
18:35 - 19:20	Body Pump	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	Legs Bums & Tums	All	Studio 1
07:15 - 08:00	LA Spin	All	LA Spin
07:30 - 08:30	Yoga Vinyasa	All	Studio 2
07:50 - 08:20	Abs and Back Workout	All	Studio 1
12:00 - 12:45	Pilates	All	Studio 2
12:10 - 12:55	LA Spin	All	LA Spin
12:15 - 13:00	Body Blast	All	Studio 1
13:00 - 13:45	Zumba	All	Studio 1

13:15 - 14:00	LA Spin	All	LA Spin
13:50 - 14:35	Boot Camp	All	Studio 1
18:00 - 18:45	Yoga Vinyasa	All	Studio 2
18:00 - 18:45	LA Water Aerobics	All	Pool
18:45 - 19:30	LA Spin	All	LA Spin
18:45 - 19:30	Yoga Vinyasa	All	Studio 2
18:45 - 19:30	Step	All	Studio 1

Wednesday

Time	Class	Level	Studio
07:15 - 08:00	Pilates	All	Studio 2
07:15 - 08:15	Body Pump	All	Studio 1
12:00 - 12:45	LA Spin	All	LA Spin
12:00 - 12:45	Pilates	All	Studio 2
12:00 - 12:45	Zumba	All	Studio 1
12:50 - 13:35	Legs Bums & Tums	All	Studio 1
13:00 - 14:00	Yoga Ashtanga	All	Studio 2
13:15 - 14:00	LA Spin	All	LA Spin
17:15 - 18:00	Boot Camp	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:05 - 18:50	Street Dance	All	Studio 1
18:35 - 19:20	LA Spin	All	LA Spin
18:40 - 19:25	Yoga Ashtanga	All	Studio 2

Thursday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	LA Spin
12:00 - 12:45	Pilates	All	Studio 2
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Pump	All	Studio 1

12:45 - 13:30	LA Water Aerobics	All	Pool
13:00 - 14:00	Yoga Ashtanga	All	Studio 2
13:15 - 14:00	Body Conditioning	All	Studio 1
13:15 - 14:00	LA Spin	All	LA Spin
14:00 - 14:30	Abs and Back Workout	All	Studio 1
17:30 - 18:15	Circuit	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:00 - 18:45	Yoga Vinyasa	All	Studio 2
18:15 - 19:00	Step & Tone	All	Studio 1
18:45 - 19:30	Yoga Vinyasa	All	Studio 2
19:00 - 20:00	Body Pump	All	Studio 1

Friday

Time	Class	Level	Studio
07:15 - 08:15	Body Pump	All	Studio 1
12:00 - 13:00	Yoga Vinyasa	All	Studio 2
12:15 - 13:00	Circuit	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:15 - 14:00	LA Spin	All	LA Spin
13:15 - 14:00	Legs Bums & Tums	All	Studio 1
14:00 - 14:30	Abs and Back Workout	All	Studio 1

Saturday

Time	Class	Level	Studio

Sunday

Time	Class	Level	Studio

£ - Paid Classes

- Tone
- Fit
- Train
- Trim

LA fitness
We'll get there together.