

Group Fitness Timetable - Muswell Hill

Club phone number: 0843 170 1016

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

Fri: 6:30am - 9:00pm

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

Bank Holiday opening hours: 10:00am-05.00pm

Monday

Time	Class	Level	Studio
09:15 - 10:00	LA Core Stability	All	Studio 1
10:00 - 11:00	Body Conditioning	All	Studio 1
11:00 - 12:00	Yoga Ashtanga	All	Studio 2
18:00 - 18:30	Abs & Back Workout	All	Studio 1
18:30 - 19:15	Aerobics	All	Studio 1
18:45 - 19:45	Yoga Hatha	All	Studio 2
19:15 - 20:00	Body Conditioning	All	Studio 1
20:00 - 21:00	Body Combat	All	Studio 2

Tuesday

Time	Class	Level	Studio
09:00 - 10:00	Pilates	All	Studio 2
09:30 - 10:00	Boot Camp	All	Studio 1
10:00 - 11:00	BODY PUMP	All	Studio 1
10:00 - 11:00	Pilates	All	Studio 2
11:05 - 11:35	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Combat	All	Studio 1
19:30 - 20:30	Yoga Ashtanga	All	Studio 2
20:00 - 21:00	BODY PUMP	All	Studio 1
20:30 - 21:15	Belly Dancing	All	Studio 3

Wednesday

Time	Class	Level	Studio
09:15 - 09:45	LA Core Stability	All	Studio 1
10:00 - 11:00	Yoga Ashtanga	All	Studio 1

10:00 - 11:00	Boxercise	All	Studio 2
19:00 - 19:45	BODY PUMP	All	Studio 1
19:00 - 20:00	Yoga Hatha	All	Studio 2
19:45 - 20:30	LA Spin	All	Studio 1
20:15 - 21:15	Pilates	All	Studio 2

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Pilates	All	Studio 2
09:30 - 10:00	Boot Camp	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 2
18:45 - 19:30	Body Combat	All	Studio 2
19:30 - 20:30	Yoga Hatha	All	Studio 2
19:45 - 20:30	Zumba	All	Studio 1
20:45 - 21:45	Yoga Ashtanga	All	Studio 2

Friday

Time	Class	Level	Studio
09:30 - 10:00	LA Water Aerobics	All	Pool
10:00 - 11:00	Yoga Hatha	All	Studio 1

Saturday

Time	Class	Level	Studio
09:00 - 09:30	LA Spin	All	Studio 1
09:00 - 10:00	Pilates	All	Studio 2
09:40 - 10:25	Aerobics	All	Studio 1
10:00 - 11:00	Pilates	All	Studio 2
10:45 - 11:45	Body Conditioning	All	Studio 1
11:00 - 12:00	Yoga Ashtanga	All	Studio 2

Sunday

Time	Class	Level	Studio
09:00 - 10:00	Pilates	All	Studio 2
09:45 - 10:30	Step	All	Studio 1
10:00 - 11:00	Pilates	All	Studio 2
10:30 - 11:15	BODY PUMP	All	Studio 1
11:00 - 12:00	Yoga Sivananda	All	Studio 2
12:30 - 13:30	Spin & Abs	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.