

# Group Fitness Timetable - Piccadilly

Club phone number: 0843 170 1001

Mon - Thurs: 6:30am - 9.30pm

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
12:00 - 12:45	Body Combat	All	Studio 1
12:15 - 12:45	LA Spin	All	LA Spin
13:00 - 13:45	LA Spin	All	LA Spin
13:00 - 13:45	Boxercise	All	Studio 2
13:00 - 14:00	Pilates	All	Studio 1
17:30 - 18:15	Body Pump	All	Studio 1
18:00 - 18:45	Boxercise	All	Studio 2
18:00 - 18:30	LA Spin	All	LA Spin
18:30 - 19:30	Yoga	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin

## Tuesday

Time	Class	Level	Studio
07:15 - 08:15	Body Pump	All	Studio 1
07:30 - 08:00	LA Spin	All	LA Spin
08:05 - 08:20	Abs And Back	All	Studio 2
12:00 - 12:45	LA Spin	All	LA Spin
12:15 - 13:00	Step	All	Studio 1
13:00 - 13:30	LA Spin	All	LA Spin
13:00 - 13:45	Boxercise	All	Studio 2
13:00 - 14:00	Pilates	All	Studio 1
17:30 - 18:15	Body Combat	All	Studio 1
18:00 - 18:30	LA Spin	All	LA Spin
18:15 - 19:15	Yoga	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
18:45 - 19:30	LA Spin	All	LA Spin

## Wednesday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin
12:00 - 12:45	LA Spin	All	LA Spin
12:00 - 12:45	Legs Bums & Tums	All	Studio 1
13:00 - 13:45	Boxercise	All	Studio 2
13:00 - 13:30	LA Spin	All	LA Spin
13:00 - 14:00	Yoga	All	Studio 1
17:45 - 18:30	Body Pump	All	Studio 1
18:00 - 18:30	LA Spin	All	LA Spin
18:45 - 19:30	LA Spin	All	LA Spin

## Thursday

Time	Class	Level	Studio
07:30 - 08:00	LA Spin	All	LA Spin
07:30 - 08:15	Body Pump	All	Studio 1
08:05 - 08:20	Abs And Back	All	Studio 2
12:15 - 13:00	Body Combat	All	Studio 1
12:15 - 12:45	LA Spin	All	LA Spin
13:00 - 13:45	LA Spin	All	LA Spin
13:00 - 13:45	Boxercise	All	Studio 2
13:15 - 14:15	Yoga	All	Studio 1
17:30 - 18:30	Pilates	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	Step	All	Studio 1

## Friday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin

07:30 - 08:30	Pilates	All	Studio 1
12:15 - 12:45	LA Spin	All	LA Spin
12:45 - 13:30	Body Pump	All	Studio 1
13:00 - 13:45	Boxercise	All	Studio 2
13:00 - 13:45	LA Spin	All	LA Spin
13:30 - 14:00	Abs And Back	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

## Saturday

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

## Sunday

Time	Class	Level	Studio
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£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: green;">■</span> - Fit
<span style="color: yellow;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.