

Group Fitness Timetable - South Kensington

Club phone number: 0843 170 1021

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

Fri: 6.30am - 9.00pm

Sat & Sun: 9:00am - 8:00pm

Bank Holiday opening hours: 09:00am-04.00pm

Monday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin (45)	All	LA Spin
10:00 - 10:45	LA Spin (45)	All	LA Spin
10:00 - 11:00	Legs Bums & Tums	All	Studio 1
11:00 - 12:00	Pilates	All	Studio 1
12:00 - 13:00	Zumba	All	Studio 1
13:00 - 14:00	Body Pump	All	Studio 1
18:00 - 18:45	Legs Bums & Tums	All	Studio 1
18:30 - 19:15	LA Spin (45)	All	LA Spin
18:45 - 19:30	Step	All	Studio 1
19:30 - 20:15	LA Spin (45)	All	LA Spin
19:30 - 20:15	Pilates	All	Studio 1
20:15 - 21:45	Yoga Hatha	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
09:00 - 10:00	Pilates	All	Studio 1
10:00 - 11:00	Body Conditioning	All	Studio 1
11:15 - 12:15	Yoga Hatha	All	Studio 1
12:15 - 13:00	LA Spin (45)	All	LA Spin
18:00 - 18:45	Body Combat	All	Studio 1
18:45 - 19:30	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin (45)	All	LA Spin
19:00 - 19:45	LA Water Aerobics	All	Pool
19:30 - 20:15	Body Attack	All	Studio 1

Wednesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin (45)	All	LA Spin
09:00 - 10:00	Pilates	All	Studio 1
10:00 - 10:45	LA Spin (45)	All	LA Spin
10:00 - 10:45	Zumba	All	Studio 1
11:00 - 12:00	Body Balance	All	Studio 1
12:00 - 13:00	Body Combat	All	Studio 1
13:00 - 14:00	Body Pump	All	Studio 1
18:00 - 19:00	Yoga Hatha	All	Studio 1
19:00 - 19:45	LA Spin (45)	All	LA Spin
19:00 - 19:45	Zumba	All	Studio 1
19:45 - 20:30	Circuit	All	Studio 1
20:30 - 21:30	Pilates	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
09:00 - 10:00	Pilates	All	Studio 1
10:00 - 11:00	Body Conditioning	All	Studio 1
11:00 - 12:30	Yoga Hatha	All	Studio 1
12:15 - 13:00	LA Spin (45)	All	LA Spin
13:00 - 14:00	Body Attack	All	Studio 1
17:30 - 18:15	Zumba	All	Studio 1
18:15 - 19:15	Body Pump	All	Studio 1
18:30 - 19:15	LA Spin (45)	All	LA Spin
19:15 - 20:00	LA Water Aerobics	All	Pool
19:15 - 20:00	Body Combat	All	Studio 1
20:15 - 21:45	Yoga Hatha	All	Studio 1

Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin (45)	All	LA Spin
09:00 - 10:00	Body Balance	All	Studio 1
10:00 - 10:45	LA Spin (45)	All	LA Spin
11:00 - 12:00	Pilates	All	Studio 1
12:00 - 13:00	Body Pump	All	Studio 1
12:15 - 13:00	LA Spin (45)	All	LA Spin
13:15 - 14:00	Zumba	All	Studio 1
14:00 - 15:00	Yoga Hatha	All	Studio 1

Saturday

Time	Class	Level	Studio
09:15 - 10:15	Yoga Hatha	All	Studio 1
10:15 - 11:00	Legs Bums & Tums	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
11:45 - 12:30	LA Spin (45)	All	LA Spin
12:00 - 13:00	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
09:15 - 10:15	Yoga Hatha	All	Studio 1
10:30 - 11:30	Body Attack	All	Studio 1
11:00 - 11:45	LA Spin (45)	All	LA Spin
11:30 - 12:30	Body Pump	All	Studio 1
12:30 - 13:30	Pilates	All	Studio 1
15:30 - 17:00	Yoga Hatha	All	Studio 1

£ - Paid Classes

- Tone
- Fit
- Train
- Trim

LA fitness
We'll get there together.