

Group Fitness Timetable - Southgate

Club phone number: 0843 170 1019

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

Fri: 6.30am - 9.00pm

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

Bank Holiday opening hours: 08:00am-03.00pm

Monday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
09:45 - 10:45	Body Combat	All	Studio 1
10:45 - 11:45	Aerobics (P)	All	Studio 1
12:00 - 12:45	LA Spin	All	LA Spin
12:30 - 14:00	Yoga	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:30 - 20:15	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:45 - 10:45	Body Pump	All	Studio 1
09:45 - 10:30	LA Water Aerobics	All	Pool
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 11:45	LA Core Stability (P)	All	Studio 1
17:45 - 18:30	Legs Bums & Tums	All	Studio 1
18:30 - 19:30	Step	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:30 - 20:15	LA Spin	All	LA Spin
19:30 - 20:15	LA Water Aerobics	All	Pool
20:30 - 21:30	Body Combat	All	Studio 1

Wednesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
10:00 - 10:45	LA Spin	All	LA Spin

10:00 - 11:00	Pilates	All	Studio 1
11:00 - 12:00	Zumba	All	Studio 1
12:00 - 12:30	LA Spin	All	LA Spin
18:30 - 19:15	LA Spin	All	LA Spin
19:15 - 20:15	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:15 - 21:15	Yoga	All	Studio 1

Thursday

Time	Class	Level	Studio
09:45 - 10:45	Body Combat	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
19:30 - 20:15	LA Spin	All	LA Spin
19:30 - 20:15	LA Water Aerobics	All	Pool
20:30 - 21:30	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:45 - 10:45	Body Pump	All	Studio 1
09:45 - 10:30	LA Water Aerobics	All	Pool
12:00 - 12:45	LA Spin	All	LA Spin
18:30 - 19:15	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
08:30 - 09:15	LA Spin	All	LA Spin
09:15 - 10:15	Body Combat	All	Studio 1
10:15 - 11:15	Pilates	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin

11:45 - 12:30	LA Spin	All	LA Spin
12:15 - 13:15	Yoga	All	Studio 1

Sunday

Time	Class	Level	Studio
09:15 - 10:15	Yoga	All	Studio 1
10:00 - 10:45	LA Water Aerobics	All	Pool
10:30 - 11:15	LA Spin	All	LA Spin
11:15 - 12:15	20/20/20	All	Studio 1
12:15 - 13:15	Body Pump	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.