

# Group Fitness Timetable - St Pauls

Club phone number: 0843 170 1006

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

Fri: 6.30am - 8.00pm

Closed during Bank Holidays

## Monday

Time	Class	Level	Studio
12:00 - 12:30	LA Spin	All	LA Spin
12:45 - 13:30	LA Spin	All	LA Spin
13:00 - 13:45	Body Pump	All	Studio 1
13:00 - 13:45	LA Water Aerobics	All	Pool
13:45 - 14:30	Body Balance	All	Studio 1
17:45 - 18:30	Body Pump	All	Studio 1
18:00 - 18:30	LA Spin	All	LA Spin
18:30 - 19:15	Zumba	All	Studio 1

## Tuesday

Time	Class	Level	Studio
12:00 - 12:45	Step	All	Studio 1
12:45 - 13:30	Body Conditioning	All	Studio 1
13:00 - 13:30	LA Spin	All	LA Spin
13:30 - 14:15	Pilates	All	Studio 1
17:30 - 18:15	Yoga	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:15	Body Pump	All	Studio 1

## Wednesday

Time	Class	Level	Studio
12:00 - 12:30	LA Spin	All	LA Spin
12:00 - 12:45	Yoga	All	Studio 1
12:45 - 13:30	Zumba	All	Studio 1
13:45 - 14:30	Body Pump	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:15 - 19:15	Yoga Hatha	All	Studio 1

## Thursday

Time	Class	Level	Studio
12:00 - 12:45	Zumba	All	Studio 1
12:45 - 13:30	20/20/20	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin
13:30 - 14:15	Body Balance	All	Studio 1
17:30 - 18:15	Step & Tone	All	Studio 1
18:20 - 19:05	Body Pump	All	Studio 1

## Friday

Time	Class	Level	Studio
12:00 - 12:45	Body Pump	All	Studio 1
12:45 - 13:30	Legs Bums & Tums	All	Studio 1
13:30 - 14:15	Pilates	All	Studio 1

## Saturday

Time	Class	Level	Studio

## Sunday

Time	Class	Level	Studio

£ - Paid Classes

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

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