

# Group Fitness Timetable - Sydenham

Club phone number: 0843 170 1047

Mon - Thurs: 7:00am - 10:00pm

Fri - 7:00am - 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
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
10:30 - 11:30	Yoga Ashtanga	All	Studio 1
17:30 - 18:15	Zumba	All	Studio 1
18:15 - 19:15	Legs Bums & Tums	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:20 - 20:20	Body Pump	All	Studio 1
19:30 - 20:30	LA Spin	All	LA Spin
20:30 - 21:30	Yoga Iyenga	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:00 - 10:00	Body Pump	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 11:45	LA Water Aerobics	All	Pool
11:15 - 12:15	Primetime	All	Studio 1
19:00 - 20:00	Combat Kickboxing	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
18:00 - 19:00	Legs Bums & Tums	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin
19:00 - 20:00	LA Water Aerobics	All	Studio 1

20:00 - 21:00 Yoga Ashtanga All Studio 1

## Thursday

Time	Class	Level	Studio
18:00 - 19:00	Body Conditioning (P)	All	Studio 1
19:30 - 20:15	LA Spin	All	Studio 1
20:30 - 21:30	Pilates	All	Studio 1

## Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
11:00 - 12:00	Primetime	All	Studio 1
19:00 - 20:00	LA Spin	All	LA Spin

## Saturday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Conditioning (P)	All	Studio 1
10:30 - 11:30	LA Spin	All	LA Spin
10:30 - 11:15	LA Water Aerobics	All	Pool
12:00 - 12:45	LA Spin	All	LA Spin
12:15 - 13:15	Pilates	All	Studio 1
15:00 - 16:00	Yoga Iyenga	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:00 - 10:00	Body Pump	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
12:00 - 12:45	LA Spin	All	LA Spin

£ - 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.