

Group Fitness Timetable - Victoria

Club phone number: 0843 170 1002

Mon - Thurs: 6.30am - 10.00pm

Fri: 6.30am - 8.00pm

Sat & Sun: 9.00am - 4.00pm

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

Monday

Time	Class	Level	Studio
07:00 - 07:45	Body Pump	All	Studio 1
12:15 - 13:00	Body Combat	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:00 - 13:45	Body Pump	All	Studio 1
17:30 - 18:15	Body Conditioning	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:15 - 19:00	Step	All	Studio 1
18:30 - 20:00	LA Spin	All	LA Spin
19:00 - 20:00	Body Combat	All	Studio 1
20:00 - 20:30	Stretch and Relax	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:50 - 07:50	Circuit	All	Studio 1
07:15 - 08:00	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Pump	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin
13:15 - 14:00	Body Conditioning	All	Studio 1
17:30 - 18:30	Yoga	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	Zumba	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
06:45 - 07:45	Body Pump	All	Studio 1

07:15 - 08:00	LA Spin	All	LA Spin
12:15 - 13:00	Body Combat	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin
13:00 - 13:45	Step	All	Studio 1
17:45 - 18:30	Pilates	All	Studio 1
18:00 - 18:45	LA Water Aerobics	All	Pool
18:30 - 19:15	Step	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:15 - 20:00	Legs Bums & Tums	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 08:00	20/20/20	All	Studio 1
07:15 - 08:00	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
12:15 - 13:00	Legs Bums & Tums	All	Studio 1
13:00 - 14:00	Yoga	All	Studio 1
17:30 - 18:30	Body Pump	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
18:30 - 19:30	Body Combat	All	Studio 1
19:30 - 20:30	Body Pump	All	Studio 1

Friday

Time	Class	Level	Studio
07:00 - 08:00	Yoga	All	Studio 1
08:00 - 08:30	Abs and Back Workout	All	Studio 1
12:15 - 13:00	Dance Aerobics	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:00 - 14:00	Body Pump	All	Studio 1
17:30 - 18:15	Body Conditioning	All	Studio 1

18:15 - 19:15	Pilates	All	Studio 1
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Saturday

Time	Class	Level	Studio
09:15 - 10:00	Circuit	All	LA Spin
10:15 - 11:00	LA Spin	All	Studio 1
11:00 - 11:45	Body Pump	All	Studio 1
12:00 - 12:45	Body Combat	All	Studio 1
13:00 - 14:00	Body Pump	All	Studio 1

Sunday

Time	Class	Level	Studio
11:00 - 12:00	Aerobics	All	Studio 1
14:00 - 15:00	Yoga	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.