

Group Fitness Timetable - Waldorf

Club phone number: 0843 170 1009

Mon - Thu: 6:30am - 9:30pm

Fri: 6:30am - 8:00pm

Sat & Sun: 9:00am - 6:00pm

Bank holiday opening hours: 09:00am - 04:00pm

Monday

Time	Class	Level	Studio
12:05 - 12:50	Pilates	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin
13:15 - 14:00	Body Pump	All	Studio 1
17:45 - 18:30	Yoga Hatha	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:30	Body Combat	All	Studio 1

Time	Class	Level	Studio
12:05 - 12:50	Pilates	All	Studio 1
13:00 - 13:45	LA Spin	All	LA Spin
13:00 - 14:00	Body Pump	All	Studio 1
17:45 - 18:30	Circuit	All	Studio 1
18:00 - 18:45	LA Water Aerobics	All	Pool
18:30 - 19:15	Step	All	Studio 1
18:35 - 19:20	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
07:30 - 08:15	Spin & Abs	All	LA Spin
12:00 - 13:00	Yoga Hatha	All	Studio 1
13:00 - 13:45	LA Water Aerobics	All	Pool
13:00 - 13:45	LA Spin	All	LA Spin
13:05 - 13:50	Body Combat	All	Studio 1
17:45 - 18:30	Zumba	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:40 - 19:25	Body Pump	All	Studio 1

Friday

Time	Class	Level	Studio
12:00 - 12:45	Legs Bums & Tums	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
13:00 - 13:30	Abs and Back	All	Studio 1
13:30 - 14:30	Yoga Hatha	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
13:00 - 13:45	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
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Wednesday

Time	Class	Level	Studio
07:10 - 08:10	Body Combat	All	Studio 1
12:45 - 13:15	Circuit	All	Studio 1
13:00 - 14:00	LA Spin & Box	All	LA Spin
17:45 - 18:15	Abs and Back	All	Studio 1
18:20 - 19:05	LA Spin	All	LA Spin
18:30 - 19:15	Yoga Ashtanga	All	Studio 1

Thursday

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.