

Group Fitness Timetable - West India Quay

Club phone number: 0843 170 1005

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

Fri: 6.30am - 8.00pm

Sat & Sun: 9:00am - 5:00pm

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

Monday

Time	Class	Level	Studio
07:00 - 07:45	Body Pump	All	Studio 1
07:00 - 07:45	LA Spin	All	LA Spin
12:15 - 13:00	Step	All	Studio 1
12:30 - 13:00	LA Spin	All	LA Spin
13:00 - 13:45	Pilates	All	Studio 1
17:45 - 18:30	STREET DANCE	All	Studio 1
18:30 - 19:00	LA Spin	All	LA Spin
18:30 - 19:15	Aerobics	All	Studio 1
19:15 - 20:00	Body Pump	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:05 - 21:05	Yoga Hatha	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:45	Circuit	All	Studio 1
12:15 - 13:00	LA Spin	All	LA Spin
12:30 - 13:15	Legs Bums & Tums	All	Studio 1
13:15 - 14:00	LA Core Stability	All	Studio 1
17:30 - 18:15	Aerobics	All	Studio 1
18:15 - 19:00	Pilates	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1

Wednesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin

12:15 - 13:00	Pilates	All	Studio 1
13:00 - 13:45	Boxercise Circuit	All	Studio 1
17:30 - 18:00	Abs Blast	All	Studio 1
18:00 - 18:45	Body Conditioning	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:45 - 19:30	Body Combat	All	Studio 1
18:45 - 19:30	LA Water Aerobics	All	Pool
19:45 - 20:30	Yoga Hatha	All	Studio 1

Thursday

Time	Class	Level	Studio
07:00 - 07:45	Circuit	All	Studio 1
07:00 - 07:30	LA Spin	All	LA Spin
12:30 - 13:15	LA Spin	All	LA Spin
12:30 - 13:15	Circuit	All	Studio 1
17:00 - 17:30	Abs Blast	All	Studio 1
17:30 - 18:15	Body Pump	All	Studio 1
18:15 - 19:00	Body Combat	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 19:45	STREET DANCE	All	Studio 1
19:15 - 20:00	LA Water Aerobics	All	Pool

Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
12:30 - 13:00	LA Spin	All	LA Spin
12:30 - 13:15	Circuit	All	Studio 1
18:00 - 18:30	Abs Attack	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:00 - 11:00	LA Spin	All	LA Spin
10:15 - 11:00	Legs Bums & Tums	All	Studio 1
11:00 - 11:45	Boxercise Circuit	All	Studio 1
11:15 - 12:00	LA Spin	All	LA Spin
11:45 - 12:45	Yoga Hatha	All	Studio 1

Sunday

Time	Class	Level	Studio
10:00 - 11:00	LA Spin	All	LA Spin
10:00 - 10:45	Body Conditioning	All	Studio 1
10:45 - 11:45	Yoga Hatha	All	Studio 1
11:15 - 12:00	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.