

# Group Fitness Timetable - Loughborough

Club phone number: 0843 170 1068

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

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 6:00pm

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

## Monday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	LA Spin
09:00 - 09:30	Body Pump	All	Studio 1
09:30 - 10:30	Body Step	All	Studio 1
10:45 - 11:30	LA Water Aerobics	All	Pool
17:00 - 18:00	Body Pump	All	Studio 1
18:00 - 18:30	LA Spin	All	LA Spin
18:00 - 19:00	Body Attack	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin
19:00 - 19:45	Body Balance	All	Studio 1

## Tuesday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	LA Spin
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
10:30 - 11:15	Zumba	All	Studio 1
11:15 - 12:15	Yoga	All	Studio 1
17:15 - 18:00	Circuits	All	Studio 1
17:15 - 17:45	LA Spin	All	LA Spin
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Zumba	All	Studio 1
20:00 - 21:00	Body Balance	All	Studio 1

## Wednesday

Time	Class	Level	Studio
07:15 - 08:00	Body Attack	All	Studio 1
09:30 - 10:30	Body Pump	All	Studio 1

10:30 - 11:15	Body Balance	All	Studio 1
10:30 - 11:00	LA Spin	All	LA Spin
17:30 - 18:30	Zumba	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
18:30 - 19:30	Body Step	All	Studio 1
19:15 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1
20:30 - 21:30	Pilates	All	Studio 1

## Thursday

Time	Class	Level	Studio
07:15 - 08:00	Body Balance	All	Studio 1
09:15 - 10:00	Body Step	All	Studio 1
10:00 - 10:30	LA Spin	All	LA Spin
10:30 - 11:30	Pilates	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
17:00 - 17:45	Body Balance	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 19:30	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	20/20/20	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 20:00	Yoga	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:00 - 10:00	Body Pump	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:00 - 11:00	Body Attack	All	Studio 1
11:00 - 12:00	Zumba	All	Studio 1
12:00 - 13:00	Body Balance	All	Studio 1

## Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin
11:00 - 12:00	Body Combat	All	Studio 1

£ - 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.