

# Group Fitness Timetable - Maidstone

Club phone number: 0843 170 1025 / 01622 681987

Mon - Thu: 6:30am - 10:30pm

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 7:30pm

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

## Monday

Time	Class	Level	Studio
10:00 - 11:00	20/20/20	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
18:00 - 19:00	Yoga	All	Studio 1
19:15 - 20:15	Circuit	All	Studio 1
20:15 - 21:15	Body Conditioning	All	Studio 1

09:45 - 10:30	LA Spin	All	LA Spin
10:15 - 11:15	Body Balance	All	Studio 1
18:00 - 19:00	Zumba	All	Studio 1
19:00 - 20:00	Body Conditioning	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 19:45	LA Water Aerobics	All	Pool

## Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Zumba	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
13:00 - 14:00	Yoga	All	Studio 1
18:00 - 19:00	Step	All	Studio 1
19:00 - 20:00	Body Balance	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
20:00 - 20:45	LA Spin	All	LA Spin
20:00 - 21:00	Yoga	All	Studio 1

## Friday

Time	Class	Level	Studio
09:00 - 10:00	Yoga	All	Studio 1
10:00 - 11:00	20/20/20	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
18:00 - 18:45	LA Spin	All	LA Spin
19:00 - 20:00	Circuit	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
10:30 - 11:30	LA Spin	All	LA Spin
11:30 - 12:30	Pilates	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
10:45 - 11:30	LA Water Aerobics	All	Pool
13:00 - 13:45	LA Spin	All	LA Spin
18:00 - 19:00	LA Spin	All	LA Spin
18:00 - 19:00	Boxercise	All	Studio 1
19:15 - 20:15	Body Pump	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Conditioning	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
17:00 - 17:45	LA Spin	All	LA Spin

## Thursday

Time	Class	Level	Studio
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£ - 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.