

# Group Fitness Timetable - Manchester

Club phone number: 0843 170 1075 / 0161 8310 200

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
07:30 - 08:15	Body Pump	All	Studio 1
12:15 - 13:00	Body Pump	All	Studio 1
13:00 - 13:45	Yoga Ashtanga	All	Studio 1
13:15 - 13:45	LA Spin	All	LA Spin
17:30 - 18:30	Body Combat	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:30 - 19:30	Body Pump	All	Studio 1

## Tuesday

Time	Class	Level	Studio
07:30 - 08:15	Body Combat	All	Studio 1
12:15 - 12:45	LA Spin	All	LA Spin
12:15 - 13:00	Yoga Ashtanga	All	Studio 1
12:15 - 12:45	LA Water Aerobics	All	Pool
13:00 - 13:45	Legs Bums & Tums	All	Studio 1
17:30 - 18:30	Zumba	All	Studio 1
17:45 - 18:15	LA Spin	All	LA Spin
18:30 - 19:30	Body Conditioning	All	Studio 1

## Wednesday

Time	Class	Level	Studio
07:30 - 08:00	LA Spin	All	LA Spin
07:30 - 08:15	Body Pump	All	Studio 1
12:15 - 13:00	Body Combat	All	Studio 1
12:15 - 12:45	LA Spin	All	LA Spin
13:00 - 13:45	Zumba	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin

17:45 - 18:30	Body Pump	All	Studio 1
18:45 - 19:45	Yoga Ashtanga	All	Studio 1

## Thursday

Time	Class	Level	Studio
07:30 - 08:15	Aerobic & Tone	All	Studio 1
12:15 - 13:00	Body Pump	All	Studio 1
13:00 - 13:45	Pilates	All	Studio 1
13:15 - 13:45	LA Spin	All	LA Spin
17:30 - 18:30	Body Pump	All	Studio 1
17:45 - 18:30	LA Spin	All	LA Spin
18:30 - 19:30	Body Combat	All	Studio 1

## Friday

Time	Class	Level	Studio
07:30 - 08:00	LA Spin	All	LA Spin
07:30 - 08:15	Zumba	All	Studio 1
12:15 - 13:00	Body Pump	All	Studio 1
13:00 - 13:45	Circuit	All	Studio 1

## Saturday

Time	Class	Level	Studio
12:00 - 13:00	Circuit	All	Studio 1

## Sunday

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.