

# Group Fitness Timetable - Milton Keynes

Club phone number: 0843 1701 046

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

Fri: 6.00am - 8:00pm

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

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

## Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
09:30 - 10:15	LA Spin	All	Studio 2
09:30 - 10:15	LA Water Aerobics	All	Pool
17:30 - 18:15	Body Step	All	Studio 1
18:15 - 19:00	Body Conditioning	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
19:30 - 20:30	LA Spin	All	Studio 2
20:00 - 21:00	Body Balance	All	Studio 1

## Tuesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	Studio 2
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:15	Pilates	All	Studio 1
13:30 - 14:15	LA Water Aerobics	All	Pool
17:30 - 18:15	Pilates	All	Studio 1
18:15 - 19:15	Body Step	All	Studio 1
18:30 - 19:00	Abs and Back Workout	All	Studio 2
19:15 - 20:15	Body Combat	All	Studio 1
20:30 - 21:30	Yoga	All	Studio 1

## Wednesday

Time	Class	Level	Studio
07:15 - 08:00	LA Water Aerobics	All	Pool
09:30 - 10:30	Body Pump	All	Studio 1
10:45 - 11:30	LA Spin	All	Studio 2
14:00 - 14:45	LA Water Aerobics	All	Pool

17:30 - 18:30	Body Jam	All	Studio 1
18:30 - 19:15	LA Spin	All	Studio 2
18:30 - 19:30	Step	All	Studio 1
19:30 - 20:30	Circuit	All	Studio 1
20:30 - 21:30	Boxercise	All	Studio 1

## Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Jam	All	Studio 1
09:30 - 10:15	LA Spin	All	Studio 2
11:15 - 12:15	Yoga	All	Studio 1
18:00 - 19:00	Yoga	All	Studio 2
18:00 - 19:00	Body Conditioning	All	Studio 1
19:00 - 19:45	Pilates	All	Studio 1
19:15 - 20:15	LA Spin	All	Studio 2
19:45 - 20:30	Body Pump	All	Studio 1

## Friday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	Studio 2
09:30 - 10:30	Body Pump	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
10:45 - 11:30	Pilates	All	Studio 1
10:45 - 11:30	LA Spin	All	Studio 2
12:30 - 13:00	LA Water Aerobics	All	Pool
18:30 - 19:15	LA Spin	All	Studio 2
18:30 - 19:30	Body Balance	All	Studio 1

## Saturday

Time	Class	Level	Studio
------	-------	-------	--------

09:00 - 09:45	LA Spin	All	Studio 2
10:00 - 11:00	Boxercise	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:45 - 11:45	Body Jam	All	Studio 1
11:45 - 12:45	Body Balance	All	Studio 1

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: green;">■</span> - Fit
<span style="color: yellow;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.