

Group Fitness Timetable - New Barnet

Club phone number: 0843 170 1018

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

Fri - 6:30am - 9:00pm

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

Bank Holiday opening hours: 08:00am-03.00pm

Monday

Time	Class	Level	Studio
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Tuesday

Time	Class	Level	Studio
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Wednesday

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

Thursday

Time	Class	Level	Studio
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Friday

Time	Class	Level	Studio
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Saturday

Time	Class	Level	Studio
09:25 - 09:55	Abs and Back Workout	All	Studio 1
10:00 - 11:00	Step & Tone	All	Studio 1
10:00 - 11:00	Yoga Hatha	All	Studio 2
10:00 - 11:00	LA Spin	All	LA Spin
11:15 - 12:15	Body Combat	All	Studio 1
12:30 - 13:30	Zumba	All	Studio 1

Sunday

Time	Class	Level	Studio
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£ - Paid Classes

■ - Tone ■ - Fit
■ - Train ■ - Trim

LA fitness
We'll get there together.