

Group Fitness Timetable - Newark

Club phone number: 0843 170 1069

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

Fri: 6.00am - 9.00pm

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

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

Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
11:00 - 12:00	Pilates	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
19:45 - 20:30	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
14:00 - 14:45	LA Water Aerobics	All	Pool
17:30 - 18:15	Legs Bums & Tums	All	Studio 1
18:15 - 19:00	Zumba	All	Studio 1
19:00 - 20:00	Body Combat	All	Studio 1
20:15 - 21:15	Yoga	All	Studio 1

Wednesday

Time	Class	Level	Studio
06:30 - 07:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:00 - 10:45	LA Water Aerobics	All	Pool
10:30 - 11:30	Legs Bums & Tums	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Boxercise	All	Studio 1

Thursday

Time	Class	Level	Studio
06:30 - 07:30	Boxercise Circuit	All	Studio 1

09:30 - 10:30	Body Combat	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:15 - 19:15	Body Combat	All	Studio 1
19:15 - 20:15	Circuit	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:30	Body Blast	All	Studio 1
10:30 - 11:15	Zumba	All	Studio 1
11:15 - 12:00	LA Water Aerobics	All	Pool
18:00 - 18:45	Boxercise Circuit	All	Studio 1

Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:35 - 11:20	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1

£ - Paid Classes

- Tone
- Fit
- Train
- Trim

LA fitness
We'll get there together.