

# Group Fitness Timetable - Northolt

Club phone number: 08431 701083

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

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 6:00pm

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

## Monday

Time	Class	Level	Studio
09:30 - 10:30	Step	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Body Balance	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
18:15 - 19:15	Body Pump	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1

## Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Attack	All	Studio 1
10:30 - 11:30	20/20/20	All	Studio 1
18:15 - 19:00	Zumba	All	Studio 1
18:45 - 19:30	LA Spin	All	LA Spin
19:00 - 19:30	Abs and Back Workout	All	Studio 1
19:30 - 20:30	Body Attack	All	Studio 1

## Wednesday

Time	Class	Level	Studio
06:45 - 07:30	Circuit	All	Studio 1
09:30 - 10:30	Body Pump	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	Body Combat	All	Studio 2
12:30 - 13:15	LA Water Aerobics	All	Pool
19:00 - 19:45	Legs Bums & Tums	All	Studio 1

19:30 - 20:15	LA Spin	All	LA Spin	09:15 - 10:15	Body Combat	All	Studio 1
19:45 - 20:30	Zumba	All	Studio 1	10:15 - 11:15	Legs Bums & Tums	All	Studio 1
20:30 - 21:30	Body Balance	All	Studio 1	11:15 - 12:15	Step	All	Studio 1

## Thursday

Time	Class	Level	Studio
06:45 - 07:30	Circuit	All	Studio 1
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
18:15 - 19:15	Body Attack	All	Studio 1
19:15 - 20:15	Body Pump	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:15 - 21:15	Body Balance	All	Studio 1

## Friday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
10:00 - 11:00	Step	All	Studio 1
12:00 - 12:45	LA Water Aerobics	All	Pool
18:30 - 19:30	Boxercise	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	LA Spin
09:15 - 10:15	Body Attack	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Body Balance	All	Studio 1

## Sunday

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

£ - 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.