

Group Fitness Timetable - Northwich

Club phone number: 0843 170 1071

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

Fri: 6.30am - 8.00pm

Sat & Sun: 8.00am - 6.00pm

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

Monday

Time	Class	Level	Studio
07:15 - 08:00	Circuit	All	Studio 1
09:15 - 10:00	Body Combat	All	Studio 1
10:00 - 10:45	Body Pump	All	Studio 1
10:45 - 11:30	Step	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1
12:30 - 13:30	Yoga Hatha	All	Studio 1
17:30 - 18:30	Body Combat	All	Studio 1
17:30 - 18:15	LA Spin	All	Spin Stu
18:30 - 19:30	Body Pump	All	Studio 1
19:30 - 20:30	Yoga Hatha	All	Studio 1
19:30 - 20:15	LA Water Aerobics	All	Pool
19:45 - 20:30	LA Spin	All	Spin Stu

Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	Spin Stu
09:30 - 10:30	Aerobics	All	Studio 1
10:30 - 11:30	Legs Bums & Tums	All	Studio 1
17:45 - 18:30	Zumba	All	Studio 1
18:30 - 19:15	Circuit	All	Studio 1
18:30 - 19:30	LA Spin	All	Spin Stu
18:45 - 19:45	LA Water Aerobics	All	Pool
19:30 - 20:30	Body Combat	All	Studio 1
20:30 - 21:30	Pilates	All	Studio 1

Wednesday

Time	Class	Level	Studio
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09:30 - 10:30	Yoga Vinyesa	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
10:30 - 11:15	LA Spin	All	Spin Stu
11:30 - 12:15	Zumba	All	Studio 1
11:45 - 12:30	LA Water Aerobics	All	Pool
17:30 - 18:30	Step and Tone	All	Studio 1
18:30 - 19:30	Yoga Vinyesa	All	Studio 1
19:00 - 19:45	LA Spin	All	Spin Stu
20:30 - 21:30	Body Pump	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Pilates	All	Studio 1
10:30 - 11:30	20/20/20	All	Studio 1
10:45 - 11:30	LA Spin	All	Spin Stu
17:30 - 18:15	Body Pump	All	Studio 1
18:15 - 19:00	Body Combat	All	Studio 1
18:30 - 19:15	LA Spin	All	Spin Stu
19:00 - 19:45	Step	All	Studio 1
19:30 - 20:15	LA Water Aerobics	All	Pool
19:45 - 20:45	Yoga Vinyesa	All	Studio 1

Friday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	Spin Stu
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	Step	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1
11:45 - 12:30	LA Water Aerobics	All	Pool
17:30 - 18:15	LA Spin	All	Spin Stu

Saturday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	Spin Stu
10:00 - 11:00	Legs Bums & Tums	All	Studio 1
12:00 - 13:00	Yoga Vinyesa	All	Studio 1

Sunday

Time	Class	Level	Studio
09:00 - 09:45	LA Spin	All	Spin Stu
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Combat	All	Studio 1
11:00 - 11:45	LA Spin	All	Spin Stu

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.