

Group Fitness Timetable - Northwood

Club phone number: 0843 170 1017 / 01923 840 214

Mon to Fri 6.30am - 10.00pm

Sat: 8.00am - 7.00pm

Sun: 8.00am - 8.00pm

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

Monday

Time	Class	Level	Studio
09:30 - 10:15	Aerobics	All	Studio 1
10:00 - 11:00	Pilates	All	Sunroom
10:15 - 11:00	Body Balance	All	Studio 1
11:00 - 12:00	Body Conditioning	All	Studio 1
11:00 - 11:45	LA Spin	All	LA Spin
13:00 - 13:45	LA Water Aerobics	All	Pool
18:30 - 19:15	Body Conditioning	All	Studio 1
18:30 - 19:30	Pilates	All	Sunroom
19:30 - 20:30	Body Pump	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:30 - 21:30	Body Balance	All	Sunroom

Tuesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:00 - 11:00	20/20/20	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
11:00 - 12:00	Yoga	All	Studio 1
12:30 - 13:30	Aerobics	All	Studio 1
13:30 - 14:30	Chi Ball	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:30	Body Step	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
19:00 - 20:00	Yoga	All	Sunroom
19:30 - 20:30	Body Pump	All	Studio 1
20:15 - 21:15	Yoga	All	Sunroom

Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Pilates	All	Sunroom
09:30 - 10:15	Aerobics	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:15	Body Pump	All	Studio 1
11:05 - 11:50	LA Water Aerobics	All	Pool
12:30 - 13:30	Yoga	All	Studio 1
14:30 - 15:30	Body Conditioning	All	Studio 1
18:30 - 19:30	Step	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:30 - 20:15	Circuit	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:15	Body Step	All	Studio 1
10:15 - 11:00	Body Pump	All	Studio 1
11:00 - 12:00	Body Balance	All	Studio 1
12:00 - 12:45	LA Water Aerobics	All	Pool
13:00 - 14:00	Yoga	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Body Balance	All	Sunroom

Friday

Time	Class	Level	Studio
08:30 - 09:30	Yoga	All	Sunroom
09:30 - 10:30	Step	All	Studio 1

10:30 - 11:15	Abs and Back	All	Studio 1
10:30 - 11:30	Yoga	All	Sunroom
11:00 - 11:45	LA Water Aerobics	All	Pool
12:30 - 13:15	LA Water Aerobics	All	Pool
18:15 - 19:15	Body Pump	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
09:00 - 10:00	Aerobics	All	Studio 1
09:15 - 10:00	LA Spin	All	LA Spin
10:00 - 10:45	LA Water Aerobics	All	Pool
10:00 - 11:00	Body Pump	All	Studio 1
10:00 - 11:00	Pilates	All	Sunroom
11:00 - 12:00	Body Balance	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
17:00 - 17:45	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
10:00 - 11:00	Body Step	All	Studio 1
10:00 - 11:00	Pilates	All	Sunroom
11:00 - 12:00	20/20/20	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.