

# Group Fitness Timetable - Orpington

Club phone number: 0843 170 1036

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
09:30 - 10:30	Zumba	All	Studio 1
11:00 - 12:00	Body Pump	All	Studio 1
11:00 - 11:45	LA Spin	All	LA Spin
12:00 - 13:00	Legs Bums & Tums (P)	All	Studio 1
13:00 - 14:00	Pilates	All	Studio 1
18:30 - 19:30	Boxercise	All	Studio 1
19:30 - 20:30	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1
20:30 - 21:30	Body Attack	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Attack	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
12:00 - 13:00	Body Balance	All	Studio 1
18:30 - 19:30	Legs Bums & Tums (P)	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1
20:30 - 21:30	Yoga Iyenga	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums (P)	All	Studio 1
09:45 - 10:30	LA Spin	All	LA Spin
10:30 - 11:30	Legs Bums & Tums (P)	All	Studio 1
12:15 - 13:15	Body Pump	All	Studio 1
18:30 - 19:30	Legs Bums & Tums (P)	All	Studio 1

19:30 - 20:30	LA Core Stability	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
20:30 - 21:30	Yoga Iyenga	All	Studio 1

## Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Aerobics	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
11:30 - 12:30	Yoga Iyenga	All	Studio 1
18:30 - 19:30	Pilates	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin
19:30 - 20:30	Body Attack	All	Studio 1
20:30 - 21:30	Zumba	All	Studio 1

## Friday

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

## Saturday

Time	Class	Level	Studio
10:30 - 11:15	LA Spin	All	LA Spin
10:30 - 11:30	Aerobics	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums (P)	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1

£ - 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.