

Group Fitness Timetable - Oxford

Club phone number: 08431 701038

Mon to Thurs 6.30am - 10.00pm

Fri 6.30am - 8.00pm

Sat and Sun 9.00am - 7.00pm

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

Monday

Time	Class	Level	Studio
10:00 - 10:30	Aerobics	All	Studio 1
10:30 - 11:00	Body Conditioning	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
12:30 - 13:30	Body Combat	All	Studio 1
17:15 - 18:00	LA Spin	All	LA Spin
17:15 - 18:15	Yoga Hatha	All	Studio 1
18:15 - 19:15	Step	All	Studio 1
19:15 - 20:15	Body Pump	All	Studio 1
20:00 - 20:45	LA Spin	All	LA Spin
20:15 - 21:15	Pilates	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:30 - 08:15	LA Spin	All	LA Spin
11:00 - 12:00	Zumba	All	Studio 1
12:15 - 13:15	Pilates	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
17:30 - 18:30	Legs Bums & Tums	All	Studio 1
18:30 - 19:30	Body Pump	All	Studio 1
19:45 - 20:45	Yoga Hatha	All	Studio 1
19:45 - 20:30	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
10:00 - 11:00	Body Balance	All	Studio 1
12:30 - 13:30	Body Pump	All	Studio 1
17:30 - 18:30	Body Combat	All	Studio 1

18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:00	Aerobics	All	Studio 1
19:00 - 19:30	Body Conditioning	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1

Thursday

Time	Class	Level	Studio
12:00 - 13:00	Body Attack	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 14:00	Step	All	Studio 1
18:00 - 19:00	Pilates	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:05 - 20:05	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
10:00 - 10:45	LA Water Aerobics	All	Pool
11:00 - 12:00	Pilates	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 14:00	Legs Bums & Tums	All	Studio 1
17:30 - 18:15	LA Spin	All	LA Spin
17:30 - 18:30	Body Balance	All	Studio 1
18:30 - 19:30	Body Pump	All	Studio 1

Saturday

Time	Class	Level	Studio
11:15 - 12:15	Body Combat	All	Studio 1
12:30 - 13:30	Pilates	All	Studio 1
14:30 - 15:15	LA Spin	All	LA Spin

15:30 - 16:00	Body Conditioning	All	Studio 1
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Sunday

Time	Class	Level	Studio
10:30 - 11:30	Body Balance	All	Studio 1
13:30 - 14:30	Circuit (P)	All	Studio 1
14:30 - 15:15	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.