

Group Fitness Timetable - Poole

Club phone number: 0843 170 1039 / 01202 714920

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

Fri: 6:30am - 8:00pm

Sat & Sun: 8:00am - 4:00pm

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

Monday

Time	Class	Level	Studio
09:30 - 10:15	Body Combat	All	Studio 1
10:45 - 11:30	Circuits	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
18:15 - 18:45	LA Spin	All	LA Spin
19:00 - 20:00	LA Water Aerobics	All	Pool
19:00 - 20:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
09:00 - 10:00	Body Pump	All	Studio 1
10:00 - 11:00	LA Water Aerobics	All	Pool
17:30 - 18:30	Body Pump	All	Studio 1
18:30 - 19:30	LA Spin	All	LA Spin
18:30 - 19:30	Yoga Hatha	All	Studio 1
19:30 - 20:30	Zumba	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
18:00 - 19:00	Pilates	All	Studio 2
18:15 - 19:15	Spin & Abs	All	LA Spin
18:30 - 19:30	LA Water Aerobics	All	Pool
19:15 - 19:45	LA Spin	All	LA Spin
19:30 - 20:30	Zumba	All	Studio 1

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums	All	Studio 1

10:00 - 11:00	LA Water Aerobics	All	Pool
17:30 - 18:30	Circuits	All	Studio 1
18:00 - 19:00	Yoga Hatha	All	Studio 2
18:30 - 19:30	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
09:15 - 10:15	Body Pump	All	Studio 1
10:15 - 11:15	Body Combat	All	Studio 1
11:30 - 12:30	Stretch & Relax	All	Studio 2
18:00 - 19:00	Pilates	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
09:30 - 10:30	Zumba	All	Studio 1
10:30 - 11:30	Legs Bums & Tums	All	Studio 1

Sunday

Time	Class	Level	Studio
08:45 - 09:45	Body Pump	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.