

Group Fitness Timetable - Sale

Club phone number: 0843 170 1076

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

Fri: 6.30am - 9.00pm

Sat & Sun: 8.00am - 6.00pm

Bank Holiday opening hours: 10:00am-05.00pm

Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Balance	All	Studio 2
09:30 - 10:30	Body Combat	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
10:30 - 11:00	Abs and Back Workout (P)	All	Studio 2
11:15 - 12:00	LA Water Aerobics	All	Pool
17:15 - 18:15	Body Conditioning (P)	All	Studio 1
18:15 - 19:15	Body Combat	All	Studio 1
19:30 - 20:15	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	Legs Bums & Tums	All	Studio 1
11:30 - 12:30	Body Balance	All	Studio 1
12:30 - 13:30	Pilates	All	Studio 1
13:30 - 14:15	Body Conditioning (P)	All	Studio 1
17:30 - 18:30	Body Conditioning (P)	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:30 - 19:15	Body Combat	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:30 - 11:30	Body Balance	All	Studio 2
17:30 - 18:15	LA Spin	All	LA Spin
17:30 - 18:30	Body Pump	All	Studio 1

18:30 - 19:30	Body Balance	All	Studio 1	11:30 - 12:30	Pilates	All	Studio 1
19:00 - 19:45	LA Water Aerobics	All	Pool				

Thursday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:15	Legs Bums & Tums	All	Studio 1
11:30 - 12:15	LA Water Aerobics	All	Pool
17:30 - 18:30	Body Pump	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:30	Body Combat	All	Studio 1
19:00 - 20:00	Yoga	All	Studio 2

Friday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:00 - 11:00	Yoga	All	Studio 2
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Body Balance	All	Studio 1

Saturday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Body Attack	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Body Balance	All	Studio 1

Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Body Combat	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.