

# Group Fitness Timetable - Southampton

Club phone number: 0843 170 1041

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

Fri: 6.30am - 9.00pm

Sat & Sun - 8.00am - 6:00pm

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

## Monday

Time	Class	Level	Studio
09:15 - 10:15	Alesha Dance Fusion	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
10:30 - 11:15	LA Water Aerobics	All	Pool
11:30 - 12:15	Pilates	All	Studio 1
17:15 - 18:00	Pilates	All	Studio 1
18:00 - 19:00	Step & Tone	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1

## Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
09:30 - 10:15	LA Water Aerobics	All	Pool
10:30 - 11:15	Pilates	All	Studio 1
11:30 - 12:30	Step & Tone	All	Studio 1
13:30 - 14:15	LA Water Aerobics	All	Pool
17:00 - 18:00	Yoga	All	Studio 1
18:00 - 19:00	Boxercise Circuit	All	Studio 1
19:00 - 20:00	Zumba	All	Studio 1
19:15 - 20:00	LA Water Aerobics	All	Pool
20:10 - 20:55	Body Balance	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:30 - 10:15	Body Conditioning	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin

10:30 - 11:15	Pilates	All	Studio 1
17:00 - 18:00	Yoga	All	Studio 1
17:30 - 18:15	LA Water Aerobics	All	Pool
18:15 - 19:00	LA Core Stability	All	Studio 1
19:10 - 20:10	Body Pump	All	Studio 1
20:15 - 21:00	Pilates	All	Studio 1

## Thursday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Water Aerobics	All	Pool
10:30 - 11:15	Dance Line Dancing	All	Studio 1
11:30 - 12:15	Pilates	All	Studio 1
17:10 - 18:10	Body Balance	All	Studio 1
18:10 - 19:10	Zumba	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1
20:20 - 21:05	Pilates	All	Studio 1

## Friday

Time	Class	Level	Studio
09:30 - 10:15	Pilates	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:20 - 11:05	Pilates	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
17:30 - 18:15	Legs Bums & Tums	All	Studio 1
18:20 - 19:05	LA Water Aerobics	All	Pool

## Saturday

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

## Sunday

Time	Class	Level	Studio
10:00 - 10:45	LA Spin	All	LA Spin

£ - 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.