

Group Fitness Timetable - Thorpe Bay

Club phone number: 0843 170 1048

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	Body Combat	All	Studio 1
09:30 - 10:30	LA Spin	All	LA Spin
10:00 - 11:00	Yoga	All	Studio 2
10:30 - 11:15	LA Water Aerobics (P)	All	Pool
10:30 - 11:30	Body Pump	All	Studio 1
17:30 - 18:30	Zumba	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:30	Body Conditioning (P)	All	Studio 1
19:30 - 20:30	LA Spin	All	LA Spin
19:30 - 20:30	Body Combat	All	Studio 1
20:00 - 21:00	Body Balance	All	Studio 2
20:30 - 21:30	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Body Conditioning (P)	All	Studio 2
09:30 - 10:30	LA Prime Time	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 2
11:00 - 12:00	LA Prime Time	All	Studio 1
17:30 - 18:15	LA Spin	All	LA Spin
18:00 - 19:00	Pilates	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 20:00	Step	All	Studio 1
20:00 - 21:00	Body Attack	All	Studio 1

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Pilates	All	Studio 1
10:30 - 11:15	LA Water Aerobics (P)	All	Pool
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:15	LA Water Aerobics (P)	All	Pool
11:30 - 12:30	Zumba	All	Studio 1
18:00 - 19:00	Yoga	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
19:30 - 20:30	Body Pump	All	Studio 1
20:00 - 20:45	LA Spin	All	LA Spin

Thursday

Time	Class	Level	Studio
06:45 - 07:15	Circuit	All	Studio 1
09:30 - 10:30	Body Blitz	All	Studio 2
09:30 - 10:30	LA Prime Time	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 2
11:00 - 12:00	LA Prime Time	All	Studio 1
17:30 - 18:30	Step	All	Studio 1
18:30 - 19:15	LA Spin	All	LA Spin
18:30 - 19:30	Body Pump	All	Studio 1
20:00 - 21:00	Zumba	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:30	20/20/20	All	Studio 2
09:30 - 10:30	LA Spin	All	LA Spin
10:00 - 11:00	Yoga	All	Studio 1
11:00 - 11:45	LA Water Aerobics (P)	All	Pool

18:00 - 18:45 LA Spin All LA Spin

Saturday

Time	Class	Level	Studio
09:00 - 10:00	LA Spin	All	LA Spin
09:00 - 10:00	Body Combat	All	Studio 1
10:00 - 11:00	Body Pump	All	Studio 1
15:00 - 15:30	Circuit	All	Studio 1

Sunday

Time	Class	Level	Studio
10:00 - 10:30	Circuit	All	Studio 1
11:15 - 12:00	LA Spin	All	LA Spin

£ - Paid Classes

 - Tone	 - Fit
 - Train	 - Trim

LA fitness
We'll get there together.