

# Group Fitness Timetable - Tunbridge Wells

Club phone number: 0843 170 1027

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
09:00 - 10:00	Tai Chi	All	Studio 1
10:00 - 11:00	Body Combat	All	Studio 1
11:00 - 11:45	Body Conditioning	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Pump	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Zumba	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:00 - 21:00	Pilates	All	Studio 1

## Tuesday

Time	Class	Level	Studio
09:30 - 10:15	Aerobics Primetime	All	Studio 1
10:00 - 10:45	LA Water Aerobics	All	Pool
10:15 - 11:00	Primetime - Body Conditioning	All	Studio 1
11:00 - 11:45	Legs Bums & Tums	All	Studio 1
18:15 - 19:00	LA Water Aerobics	All	Pool
18:15 - 19:00	LA Spin	All	LA Spin
19:15 - 20:00	LA Spin	All	LA Spin
19:15 - 20:15	Body Combat	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:00 - 10:00	Tai Chi	All	Studio 1
10:00 - 11:00	Zumba	All	Studio 1
11:00 - 12:00	Body Pump	All	Studio 1

18:15 - 19:00	LA Spin	All	LA Spin
19:00 - 20:00	Circuit	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:15 - 21:15	Yoga	All	Studio 1

## Thursday

Time	Class	Level	Studio
09:30 - 10:15	Aerobics Primetime	All	Studio 1
10:00 - 10:45	LA Water Aerobics	All	Pool
10:30 - 11:15	Legs Bums & Tums	All	Studio 1
11:30 - 12:15	Dance Salsa	All	Studio 1
17:45 - 18:30	Legs Bums & Tums	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
18:30 - 19:15	Body Conditioning	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
19:30 - 20:30	Boxercise	All	Studio 1

## Friday

Time	Class	Level	Studio
10:00 - 11:00	Zumba	All	Studio 1
11:00 - 12:00	Body Conditioning	All	Studio 1

## Saturday

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

## Sunday

Time	Class	Level	Studio
10:00 - 11:00	LA Spin	All	LA Spin
10:00 - 11:00	Pilates	All	Studio 1

£ - Paid Classes

<span style="display: inline-block; width: 10px; height: 10px; background-color: #008080; border: 1px solid black;"></span> - Tone	<span style="display: inline-block; width: 10px; height: 10px; background-color: #FFD700; border: 1px solid black;"></span> - Fit
<span style="display: inline-block; width: 10px; height: 10px; background-color: #FFA500; border: 1px solid black;"></span> - Train	<span style="display: inline-block; width: 10px; height: 10px; background-color: #8B0000; border: 1px solid black;"></span> - Trim

**LA fitness**  
We'll get there together.