

Group Fitness Timetable - Warwick

Club phone number: 0843 170 1063

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

Fri: 6.30am - 9.00pm

Sat: 8:00am - 7:00pm Sun: 8.00am - 6.00pm

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

Monday

Time	Class	Level	Studio
09:15 - 10:00	Core Conditioning	All	Studio 1
10:00 - 11:00	Body Combat	All	Studio 1
11:00 - 11:45	LA Water Aerobics	All	Pool
17:30 - 18:00	Core Conditioning	All	Studio 1
17:30 - 18:00	LA Spin	All	LA Spin
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Combat	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:15	LA Spin	All	LA Spin
17:30 - 18:30	Boxercise	All	Studio 1
18:30 - 19:15	LA Water Aerobics	All	Pool
18:30 - 19:30	LA Spin	All	LA Spin
18:30 - 19:30	Body Attack	All	Studio 1
19:30 - 20:30	Body Balance	All	LA Spin

Wednesday

Time	Class	Level	Studio
06:45 - 07:30	Boot Camp	All	Studio 1
09:15 - 10:00	Body Balance	All	Studio 1
10:00 - 11:00	Body Step	All	Studio 1
10:15 - 11:00	LA Water Aerobics	All	Pool
12:30 - 13:00	LA Spin	All	LA Spin

17:30 - 18:00	LA Spin	All	LA Spin
18:00 - 19:00	LA Spin	All	LA Spin
18:00 - 19:00	Body Step	All	Studio 1
19:00 - 20:00	Body Pump	All	Studio 1
19:30 - 20:30	Pilates	All	LA Spin

Thursday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
10:15 - 11:00	Legs Bums & Tums	All	Studio 1
17:30 - 18:15	Body Pump	All	Studio 1
18:00 - 19:00	LA Spin	All	LA Spin
18:15 - 19:15	Body Combat	All	Studio 1

Friday

Time	Class	Level	Studio
10:00 - 11:00	Body Step	All	Studio 1
11:00 - 11:45	Body Pump	All	Studio 1
17:30 - 18:30	Body Attack	All	Studio 1
18:30 - 19:30	Body Balance	All	Studio 1

Saturday

Time	Class	Level	Studio
10:00 - 11:00	LA Spin	All	LA Spin
10:00 - 11:00	Body Combat	All	Studio 1
11:00 - 11:45	Body Balance	All	LA Spin
11:00 - 12:00	Body Pump	All	Studio 1

Sunday

Time	Class	Level	Studio
09:15 - 10:00	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.