

Group Fitness Timetable - Woking

Club phone number: 08431 701034

Mon - Thurs: 7:00am - 9:30pm

Fri: 7.00am - 9.00pm

Sat & Sun: 8:00am - 6:00pm

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

Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Combat	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 1
13:45 - 14:45	Legs Bums & Tums	All	Studio 1
15:00 - 16:00	LA Water Aerobics (P)	All	Pool
18:00 - 19:00	Body Pump	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 20:00	Body Combat	All	Studio 1
20:00 - 21:00	Yoga	All	Studio 1
20:05 - 20:50	LA Spin	All	LA Spin

Tuesday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	Studio 1
09:30 - 10:30	Body Step	All	Studio 1
10:30 - 11:30	Body Pump	All	Studio 1
11:45 - 12:45	Body Balance	All	Studio 1
17:45 - 18:45	Body Step	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:30	Legs Bums & Tums	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Legs Bums & Tums	All	Studio 1

10:30 - 11:30	Zumba	All	Studio 1
11:00 - 12:00	LA Water Aerobics (P)	All	Pool
12:30 - 13:30	Yoga	All	Studio 1
17:00 - 18:00	Pilates	All	Studio 1
18:00 - 19:00	Body Balance	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
19:00 - 20:00	Body Combat	All	Studio 1
19:15 - 20:00	LA Spin	All	LA Spin
20:05 - 20:50	LA Spin	All	LA Spin

Thursday

Time	Class	Level	Studio
07:15 - 08:00	LA Spin	All	LA Spin
09:30 - 10:30	Body Pump	All	Studio 1
10:30 - 11:30	Pilates	All	Studio 1
18:00 - 18:45	Legs Bums & Tums	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:45 - 19:45	Body Step	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:45 - 20:45	Body Pump	All	Studio 1

Friday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	LA Spin
09:30 - 10:30	Dance Aerobics	All	Studio 1
10:00 - 11:00	LA Water Aerobics (P)	All	Pool
10:30 - 11:30	Legs Bums & Tums	All	Studio 1
12:00 - 13:00	Pilates	All	Studio 1
18:00 - 19:00	Pilates	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

19:00 - 19:30	LA Spin	All	LA Spin
19:00 - 20:00	Body Balance	All	Studio 1

Saturday

Time	Class	Level	Studio
09:30 - 10:30	Legs Bums & Tums	All	Studio 1
09:30 - 10:15	LA Spin	All	LA Spin
10:30 - 11:30	Step	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
09:30 - 10:15	LA Spin	All	LA Spin
10:45 - 11:45	Body Combat	All	Studio 1
11:00 - 11:45	LA Spin	All	LA Spin
16:15 - 17:15	Yoga	All	Studio 1

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.