

# Group Fitness Timetable - Yeadon

Club phone number: 08431701065

Mon - Thurs: 6:30am - 10.00pm

Fri: 6.30am - 9.00pm

Sat & Sun: 8:00am - 7.00pm

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

## Monday

Time	Class	Level	Studio
07:00 - 07:30	LA Spin	All	Studio 1
09:30 - 10:30	Cardio Circuit	All	Studio 2
10:10 - 11:10	Pilates	All	Studio 1
11:45 - 12:45	LA Primetime	All	Studio 1
18:15 - 19:15	Body Step	All	Studio 2
19:00 - 20:00	Pilates	All	Studio 1
19:30 - 20:15	Aerobic & Tone	All	Studio 2
20:15 - 21:15	Body Step	All	Studio 2

## Tuesday

Time	Class	Level	Studio
09:30 - 10:15	Body Pump	All	Studio 2
09:30 - 10:30	LA Water Aerobics	All	Pool
09:30 - 10:15	LA Spin	All	Studio 1
10:15 - 11:15	Body Step	All	Studio 2
13:30 - 14:30	Pilates	All	Studio 1
18:00 - 18:30	LA Spin	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 2
18:45 - 19:45	Zumba	All	Studio 1
19:00 - 20:00	Body Balance	All	Studio 2
20:00 - 21:00	Step & Tone	All	Studio 2

## Wednesday

Time	Class	Level	Studio
09:30 - 10:30	Step & Tone	All	Studio 2
09:30 - 10:15	LA Spin	All	Studio 1
10:00 - 11:00	LA Water Aerobics	All	Pool

10:50 - 11:50	Pilates	All	Studio 2
11:50 - 12:50	Aerobic & Tone	All	Studio 2
13:30 - 14:30	Body Pump	All	Studio 2
18:00 - 18:30	LA Spin	All	Studio 1
18:15 - 19:15	Body Step	All	Studio 2
18:45 - 19:45	Yoga Iyenga	All	Studio 1
19:30 - 20:30	Body Pump	All	Studio 2
19:30 - 20:30	LA Water Aerobics	All	Pool

## Thursday

Time	Class	Level	Studio
09:30 - 10:00	LA Spin	All	Studio 1
09:30 - 10:30	Body Step	All	Studio 2
10:15 - 11:15	LA Water Aerobics	All	Pool
10:45 - 11:45	Zumba	All	Studio 2
18:00 - 18:30	LA Spin	All	Studio 1
18:15 - 19:00	Legs Bums & Tums	All	Studio 2
19:00 - 20:00	Circuit	All	Studio 2
19:15 - 20:15	Body Balance	All	Studio 1

## Friday

Time	Class	Level	Studio
07:00 - 07:30	LA Spin	All	Studio 1
09:30 - 10:30	Cardio Circuit	All	Studio 2
09:45 - 10:45	LA Water Aerobics	All	Pool
10:45 - 11:45	Legs Bums & Tums	All	Studio 2
10:45 - 11:45	Yoga Iyenga	All	Studio 1
13:15 - 14:15	Body Pump	All	Studio 2
18:00 - 19:00	Pilates	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:30 - 10:00	LA Spin	All	Studio 1
10:00 - 11:00	Cardio Circuit	All	Studio 2
10:30 - 11:30	LA Core Stability	All	Studio 1
11:25 - 12:25	Combat Kickboxing	All	Studio 2
15:30 - 16:30	Aerobic & Tone	All	Studio 2

## Sunday

Time	Class	Level	Studio
09:30 - 10:15	LA Spin	All	Studio 1
10:00 - 11:00	Body Step	All	Studio 2
11:00 - 11:45	Body Pump	All	Studio 2
12:00 - 12:45	Zumba	All	Studio 2

£ - 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.