

# Group Fitness Timetable



Dublin, Dartry 01 491 1675

## MONDAY

Time	Class	Level	Studio
10:00 - 11:00	Synergize	All	Studio1
11:00 - 11:45	LA Water Aerobics	All	Pool
17:30 - 18:00	Abs and Back Workout	All	Studio1
18:00 - 18:45	Aerobics	All	Studio1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 20:00	Boxercise	All	Studio1
20:00 - 20:45	LA Spin	All	LA Spin
20:00 - 21:00	Body Pump	All	Studio1

## TUESDAY

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio1
11:00 - 11:40	LA Water Aerobics	All	Pool
11:00 - 11:45	LA Spin	All	LA Spin
12:00 - 12:40	Primetime	All	Studio1
13:00 - 14:00	Step	All	Studio1
14:00 - 16:00	Swimming Kids Parties	All	Pool
18:00 - 19:00	Circuit	All	Studio1
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 19:45	LA Water Aerobics	All	Pool
20:00 - 20:45	LA Spin	All	LA Spin
20:00 - 20:45	Pilates	Beginner	Studio1

## WEDNESDAY

Time	Class	Level	Studio
10:00 - 10:45	Step	All	Studio1
10:30 - 11:00	LA Prime Time - Gym Session	All	Gym
11:00 - 11:40	LA Prime Time Stretch	All	Studio1
11:50 - 12:30	LA Water Aerobics	All	Pool
12:00 - 12:45	Synergize	All	Studio1
13:00 - 13:45	Boxercise	All	Studio1
18:00 - 19:00	Body Pump	All	Studio1
19:00 - 19:45	Step	All	Studio1
19:00 - 19:45	LA Spin	All	LA Spin
20:00 - 21:00	Synergize	All	Studio1

## THURSDAY

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 10:45	Step	All	Studio1
11:00 - 11:40	LA Prime Time Stretch	All	Studio1
11:50 - 12:30	LA Water Aerobics	All	Pool
13:00 - 13:45	LA Spin	All	LA Spin
15:00 - 16:00	Swimming Kids Parties	All	Pool
18:00 - 19:00	Boxercise	All	Studio1
19:00 - 20:00	LA Spin	Advanced	LA Spin
19:00 - 20:00	Aerobics	All	Studio1
20:00 - 20:45	Pilates	Intermediate	Studio1

## FRIDAY

Time	Class	Level	Studio
10:00 - 11:00	Body Pump	All	Studio1
12:00 - 13:00	Synergize	All	Studio1
14:00 - 16:00	Swimming Kids Parties	All	Pool
18:00 - 19:00	Body Pump	All	Studio1
19:00 - 19:45	LA Spin	All	Studio1
19:00 - 20:00	Synergize	All	Studio1

## SATURDAY

Time	Class	Level	Studio
11:00 - 12:00	Body Combat	All	Studio1
12:00 - 12:45	Step	All	Studio1
12:00 - 12:45	LA Spin	All	LA Spin
13:00 - 14:00	Synergize	All	Studio1

## SUNDAY

Time	Class	Level	Studio
12:00 - 12:45	LA Spin	All	LA Spin
12:00 - 12:45	Circuit	All	Studio1
13:00 - 14:00	Synergize	All	Studio1

### OPENING TIMES

Mon - Fri: 6:30am - 10:00pm Sat & Sun: 9:00am - 7:00pm

If you are unable to attend a class please ensure you call to cancel. Please arrive at least 5 minutes before the start of the session to avoid disruption to the class.

### LEVEL KEY

Beginners - suitable for those new to exercise or prefer a lower intensity workout.  
 Intermediate - a more challenging workout of medium intensity.  
 Advanced - a high energy class for a high level of fitness.  
 All - suitable for all levels of fitness.



### HEALTH CHECKS

Have you had your Kickstart Health Check yet? Ask a member of the fitness team for details.

### STUDIO FOR HIRE

Whatever your needs, whether it be a local business training day or space for your dance, martial arts or sports groups LA Fitness can help! Ask in club for details.