

Class Times January - February @lbhealthclub

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fitness Classes
8:30	Spin (8:30)	Spin (8:30)	Circuits (8:30)	Body Conditioning (8:30)	Spin (8:30)	Circuits (8:30)	Classes By External Instructors Aerobics (£3 or £15): New Aerobics Class Body Conditioning (£3 or £15): New Low impact cardio based class with Core, Floor and More. Aqua Aerobics (£3): Low impact based water aerobics exercise. Must be in pool by class time. No booking needed. Main pool is closed during Aqua Aerobics to anyone not participating in the class. Pilates (£25): Total core stability workout . Courses of 6 sessions Only. Tai Chi (£5 or £25): Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours. Vinyasa Yoga (£3 or £15): Vinyasa (Flow) Yoga Classes given by Andy Kinesis Circuits: Full body resistance circuits, incorporating the kinesis wall Circuits: High intensity cardio and strength work out. Spin: Cardio-vascular based group cycling experience. Insanity: High intensity full body workout. Please Book Andy's Classes Using The Pod or the Mobile MyWellness App.
9:30	Aerobics (9:30)	Tai Chi (B) (9:30)	Pilates (10:00)	Aqua * (9:30)			
10:30	Kinesis (10:30)	Tai Chi Intermediate (10:30-12:00)		Vinyasa Yoga (10:30) Starts FEB 7 TH	Kinesis (10:30)		
	INSANITY (17:00)			Spin (18:00)	INSANITY (12:00)		
	Spin (18:00)	INSANITY (18:00)	Aqua * (18:30)	Vinyasa Yoga (19:00)			
	Pilates (19:00)			Weight Loss Challenge Starts Jan 24 TH			
Instructor Available	8AM-8PM	8AM-7PM	8AM-3PM	2PM-8PM	8AM-2PM		
* During Aqua Aerobics the main pool is closed to anyone not participating in the Class							
Classes Bookings Arrive early for classes All classes MUST be booked at reception. Minimum numbers required.			Induction/Review/Health Check Bookings : All appointments MUST be booked at reception. Allow approx. 1 hour for all appointments To book please call 01580 767611				

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