



La Mon Country Club Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10.30am-11am Over 50s			9am-9.45am Boot camp/circuits	
	11am-11.45am Pilates	11.45am-12.15pm Aqua	10am-10.45am Pilates		10am-10.45am Spin	
						2pm-4pm Junior Fitness
6.00pm-6.30pm Spin			6.15pm-6.45pm Spin			
6.45pm-7.15pm HITT		7pm-7.45pm Yoga	7pm-7.30pm Kettlebells			

To ensure social distancing please pre-book your fitness class by calling The Country Club Team: 02890449504 Or Email: countryclub@lamon.co.uk

Cancellations must be made at least 2 hours before the class commences.