

La Mon Country Club Studio Timetable

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10.30am-11am Over 50s			9am-9.45am Circuits	
Yoga 11am-11.45am	11am-11.45am Pilates	11.30am-12.00pm Aqua	10am-10.45am Pilates		10am-10.30am Spin	
					10.30am-10.45am Core&Abs	2pm-4pm Junior Fitness
6.00pm-6.30pm Spin	6.30pm-7pm Strength& Conditioning		6.15pm-6.45pm Spin			
6.45pm-7.15pm HITT						
7.15pm-7.45pm Core stability	7pm-7.45pm LBT	7pm-7.45pm Yoga	7pm-7.30pm Kettlebells			