



La Mon Country Club Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10.30am-11am Over 50's			9am-9.45am Circuits	
11am-11.45am Yoga	11am-11.45am Pilates	11.30am-12.00pm Aqua	10am-10.45am Pilates	10am-10.45am Trim & Tone	10am-10.30am Spin	
					10.30am-10.45am Core & Abs	2pm-4pm Junior Fitness
6.00pm-6.30pm Spin	6pm-6.30pm Spin	6pm-6.40pm 20/20	6.30pm-7.15pm Spin			
6.45pm-7.15pm HITT	6.30pm-7pm Strength & Conditioning		7.15pm-7.45pm Kettlebells			
7.15pm-7.45pm Core stability	7pm-7.45pm LBT	7pm-7.45pm Yoga	8pm-8.30pm Box Fit			

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.