

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

11am - 12pm
Yoga

10.15am - 10.45am
Trim & Tone

10.30am-11am
Over 50's

10am-10.45am
Pilates

10am-10.30am
Trim & Tone

2pm-4pm
Junior Fitness

6pm- 6.30pm
Spin

11am-11.45am
Pilates

11.15am-11.45am
Aqua

11am-11.45am
Chi Me

10.30am-10.45am
Abs Blast

6.30pm - 7pm
Reshape
Glutes & Core

6pm-6.30pm
Freestyle Pump

6.15pm - 7pm
Zumba

6.30pm-7pm
Spin

6pm-7pm
Yoga

7.15pm-8.15pm
Yoga

6.45pm-7pm
Abs Blast

7.15pm-8.15pm
Yoga

7pm-7.30pm
Circuits

Strength

Cardio

Kids Class

Water Aerobics

Stretch & Relax

LA MON
COUNTRY CLUB
★ ★ ★ ★
FITNESS FAMILY FUN

To Book ~ Call: +44 (0)28 9044 9504 or Email: countryclub@lamon.co.uk