

La Mon Country Club

Autumn Timetable

Day	Time	Class	Level
Monday	9:00am – 9:45am	Pilates	ALL
	10:00am – 10:45am	Pilates	ALL
	6:00pm - 6:45pm	Studio Spin	ALL
	7:00pm - 7:45pm	Hips, Bums & Tum's	INT
	8:15pm – 9:00pm	HIIT	INT
Tuesday	6:45am – 7:30am	Spin	ALL
	10:00am - 10:45am	Pilates	ALL
	6:00pm – 6:45pm	Cycle & Abs	ALL
	7:00pm - 7:45pm	Terrific Tuesdays	INT
	8:00pm - 8:45pm	Bootcamp	
Wednesday	10:00am - 10:30am	Water Aerobics	BEG
	11:00am – 11:30am	Over 50's Workout	50+
	11:30am – 12:15pm	Equilibrium	BEG
	6:00pm – 6:45pm	Pilates	BEG
	7:00pm - 7:45pm	Studio Cycle	ALL
Thursday	8:00pm – 8:45pm	Pilates	ALL
	10:00am - 10:30am	Toning Class	BEG
	10:30am - 11:15am	Equilibrium	BEG
	6:00pm – 6:45pm	Spin	ALL
	7:00pm - 7:45pm	Pilates	ALL
Friday	8:00pm – 8:45pm	Calorie Burn	ADV
	10:00am - 10:45am	Friday Frenzy	ALL
Saturday	9:00am - 10:00am	Boot Camp (Stormont or La Mon Hotel & Country Club Ground)	ALL
	10:30am - 11:15am	Spin Class	ALL
Sunday			
	2:00-4:00pm	Junior Fitness (NB All Juniors must be supervised by an adult and can only use cardio equipment)	12-15yrs

Classes have limited availability and can be booked up to 7 days in advance either at country club reception or by phoning 02890 449504. Cancellations must be made at least 2 hours before the class commences. Failure to do so will result in a £3 charge.