

NON-MEMBER PAY AS YOU GO TIMETABLE £5 PER CLASS

Day	Time	Class	Level
Monday	6.00pm-6.45pm	Studio Spin	ALL
Tuesday	6:00pm-6:45pm	Cycle & Abs	ALL
	7:00pm - 7:45pm	Terrific Tuesdays	ALL
	8:00pm -8:45pm	Fight Fit	ALL
Wednesday			
	10:00am – 10:30am	Water Aerobics	ALL
	7:00pm - 7:45pm	Bounce Dance Fit	ALL
Thursday	6.00pm-6.45pm	Studio Cycle	ALL
Friday	10:00am – 10:45am	Friday Frenzy	ALL
Saturday	9:00am – 10:00am	Bootcamp	ALL
	10:15am - 11:00am	Studio Cycle	ALL

All Classes must be booked and are available for booking 7 days in advance.
To book a class phone a member of the Country Club Team on 02890
449504 or Email countryclub@lamon.co.uk