



LA MON COUNTRY CLUB

TIMETABLE SEPTEMBER 2019



		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
AM	6.45-7.30	Spin	9.00-9.45	Pilates	6.45-7.30	Circuits	6.45-7.30	Spin	9.30-10.15	Spin
	9.00-9.45	Pilates	10.00-10.45	Pilates	10.00-10.45	Aqua Fit	10.00-10.45	Toning up	10.15-10.30	Abtastics
	10.00-10.45	Pilates	11.00-11.45	Spin	11.00-11.45	Over 50's & Swiss Ball	10.30-11.15	Strength and Balance	11.00-11.45	Circuits
PM	18.15-19.00	Spin	18.15-19.00	Cycle & Abs	18.15-19.00	Kettle Bells	18.15-19.00	Spin	17.15-18.00	Pump it up
	19.15-20.00	LBT	19.15-20.00	Pump it up	19.15-20.00	Bounce Dance Fit	19.15-20.00	Pilates	18.15-19.00	Bounce Dance Fit
	20.15-21.00	Cardio Shred	20.15-21.00	Combat Box	20.15-21.00	Pilates	19.15-20.00	Box Fit		
							20.15-21.00	Stretch and Flow		
		SATURDAY		SUNDAY						
AM	9.00-9.45	Circuits	10.00-10.45	20/20 Spin/Circuits						
	10.15-11.15	Spin & Abs								
	11.00-11.45	Stretch and Flow								
PM			14.00-14.45	Junior Bounce Dance fit						

Contact La Mon Country Club Team To Book Your Place:

☎ Telephone: 02890 449504

✉ Email: countryclub@lamon.co.uk