

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 11:00 HIIT INSTRUCTOR: DANI STUDIO 2
18:15 - 19:00 ACTIVEPUMP INSTRUCTOR: HAMID STUDIO 3	18:15 - 18:45 TABATA STUDIO 3	18:15 - 19:45 BOOTCAMP INSTRUCTOR: HAMID STUDIO 3			
19:00 - 19:30 LEGS & BUM BLAST INSTRUCTOR: HAMID STUDIO 3	18:45 - 19:15 CORE BLAST STUDIO 3	18:45 - 19:15 ACTIVE PUMP EXPRESS INSTRUCTOR: HAMID STUDIO 3			
19:30 - 20:30 PILATES INSTRUCTOR: HAMID STUDIO 3	19:15 - 20:15 YOGA INSTRUCTOR: LENA STUDIO 3				

BOOTCAMP

Boot camp is a group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

LEGS & BUMS BLAST

Concentrating on stubborn areas, using a range of specialised exercises for lower body and core.

ACTIVEPUMP

Pump! Tone and burn fat with this all over body conditioning class using light weights.

YOGA

A gentle yoga class ending with a relaxing meditation.

PILATES

Strengthen the core with a classic conditioning programme of mat based Pilates exercises.

TABATA

Tabata burns lots of calories and provides a killer full-body anaerobic and aerobic workout. Tabata training improves performance and acts as an excellent catalyst for fat burning.

HIIT

HIIT workouts provide improved athletic capacity and condition - perfect to get your heart rate up and get your body & mind ready for the weekend.

dare to be different

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