

# CLASS TIMETABLE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|---|---|---|
|   |  |   |   |   | 10:00 – 10:45<br><b>BOOTCAMP</b><br>INSTRUCTOR: MUKAI<br>STUDIO 3         |
| 18:30 – 19:00<br><b>BOXERCISE</b><br>INSTRUCTOR: JUDE<br>STUDIO 3 | 18:30 – 19:00<br><b>SPIN</b><br>INSTRUCTOR: JUDE<br>STUDIO 3       | 18:30 – 19:15<br><b>BOOTCAMP</b><br>INSTRUCTOR: TOM<br>STUDIO 3               | 18:30 – 19:00<br><b>SPIN</b><br>INSTRUCTOR: MUKAI<br>STUDIO 3                 |   | <b>PT TASTER SESSION</b><br>1 HOUR<br>TRAINER: MUKAI<br>BOOK AT RECEPTION |
| 19:00 – 19:30<br><b>LEG DAY</b><br>INSTRUCTOR: JUDE<br>STUDIO 3   | 19:00 – 19:30<br><b>CORE BLAST</b><br>INSTRUCTOR: JUDE<br>STUDIO 3 | 19:15 – 19:45<br><b>ACTIVE PUMP EXPRESS</b><br>INSTRUCTOR: TOM<br>STUDIO 3    | 19:00 – 19:30<br><b>CORE BLAST</b><br>INSTRUCTOR: MUKAI<br>STUDIO 3           |   |   |
| 19:30 – 20:30<br><b>YOGA</b><br>INSTRUCTOR: LENA<br>STUDIO 3      | 19:30 – 20:30<br><b>YOGA</b><br>INSTRUCTOR: LENA<br>STUDIO 3       | <b>PT TASTER SESSION</b><br>1 HOUR<br>TRAINER: TOM/MUKAI<br>BOOK AT RECEPTION | <b>PT TASTER SESSION</b><br>1 HOUR<br>TRAINER: TOM/MUKAI<br>BOOK AT RECEPTION | <b>PT TASTER SESSION</b><br>1 HOUR<br>TRAINER: TOM/MUKAI<br>BOOK AT RECEPTION |   |

## BOXERCISE

A fun, high intensity boxing class for all fitness levels. Improve your cardiovascular fitness, burn fat and get tough with our qualified boxing instructor!

## LEG DAY

Want strong, toned legs and bum? You've come to the right place. Leg day is a 30 minute workout using a mixture of free-weights and body weight exercises.

## BOOTCAMP

Have you hit a plateau with your training? Struggling to see results? Book yourself into bootcamp. Be prepared to work hard and come out feeling satisfied. Bootcamp is a 45 minute full body workout to improve all areas of your fitness.

## ACTIVE PUMP EXPRESS

Active pump express is a 30 minute, full body, high repetition workout utilising a barbell and free-weights. Increase muscular Endurance, build muscle and burn fat.

## HIIT

HIIT stands for High Intensity Interval Training. This is the most effective way of doing your cardio. This 30 minute class incorporates bodyweight exercises and cardio machines and is very effective for burning fat, Improving cardiovascular fitness and your energy levels.

## YOGA

Destress and work on your core, strength and flexibility all in one class. Our yoga class is 1 hour. You will sleep well after this one.

## CORE BLAST

Core blast is a 30 minute class targeting the abdominals, obliques and lower back muscles. We even throw in some Glute exercises. Strengthen and tone your midsection and reduce lower back pain.

## SPIN

A classic, if you're a keen cyclist or just looking to improve cardiovascular fitness and tone up you will love our Spin class. High intensity, good music and our in house spin instructor will keep you motivated when it gets tough.

*dare to be different*

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**LA ActiveLife**  
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