

# CLASS TIMETABLE

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

Active pump is a 45 minute, full body, high repetition workout utilising a barbell and free-weights. Increase muscular Endurance, build muscle and burn fat.

## HIITFUSION

Our newest class, HIIT Fusion is an intense 30 minute class combining short blast of cardio with free weights to build lean muscle and burn fat.

## 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.

## CIRCUITS

Full body, circuit training in a 30 minute class. A good class for beginners to build a basic level of fitness and lose weight.

*dare to be different*

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