

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:30 - 11:30 <b>BOOTCAMP</b> STUDIO
18:30 - 19:00 <b>HIIT FUSION</b> STUDIO	19:30 - 20:15 <b>LEG DAY</b> STUDIO	19:00 - 19:45 <b>BOOTCAMP</b> STUDIO	19:00 - 19:30 <b>PT TRIAL SESSION</b> GYM		
19:00 - 19:30 <b>PT TRIAL SESSION</b> GYM	20:15 - 21:15 <b>YOGA</b> STUDIO	19:45 - 20:45 <b>YOGA</b> STUDIO	19:30 - 20:00 <b>PT TRIAL SESSION</b> GYM		

## 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.

## 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.

*dare to be different*

t: 020 3056 0617  
e: cm@laactivelife.co.uk

[laactivelife.co.uk](http://laactivelife.co.uk)  

**LA ActiveLife**  
SPORTS & FITNESS CENTRE  
@ LAMBETH ACADEMY