

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:00 - 18:30 GYM INDUCTION GYM	19:00 - 19:30 GYM INDUCTION GYM	19:00 - 19:45 BOOTCAMP STUDIO	19:00 - 19:30 CORE BLAST STUDIO	19:00 - 19:30 GYM INDUCTION GYM	10:45 - 11:45 BOOTCAMP GYM/OUTDOOR
18:30 - 19:00 HIIT FUSION STUDIO	19:30 - 20:15 LEG DAY STUDIO	20:00 - 20:30 GYM INDUCTION GYM	19:30 - 20:00 PT TRIAL SESSION GYM	19:30 - 20:00 PT TRIAL SESSION GYM	12:00 - 12:30 GYM INDUCTION GYM
19:00 - 19:30 GYM INDUCTION GYM		20:30 - 21:00 PT TRIAL SESSION 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.

dare to be different

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