

# Club Timetable March & April 2026

## Monday

Time	Class	Studio	Duration
● 07.00	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.30	Indoor Cycling	Spin Studio	45 mins
● 09.30	LM Body Pump	Main Studio	60 mins
● 10.40	Zumba Gold	Main Studio	60 mins
● 18.00	LM Body Pump	Main Studio	60 mins
● 19.05	LM Body Balance	Main Studio	60 mins
● 19.15	LM RPM	Spin Studio	45 mins

## Thursday

Time	Class	Studio	Duration
● 07.00	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.30	Indoor Cycling	Spin Studio	45 mins
● 10.30	Zumba Gold	Main Studio	60 mins
● 12.30	Tai Chi	Main Studio	60 mins
● 18.00	Indoor Cycling	Spin Studio	45 mins
● 18.00	Pilates	Main Studio	60 mins
● 19.05	LM Body Combat	Main Studio	60 mins

## Tuesday

Time	Class	Studio	Duration
● 07.00	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.00	HIIT	Main Studio	30 mins
● 09.30	Strength & Tone	Main Studio	45 mins
● 09.30	Indoor Cycling	Spin Studio	45 mins
● 10.30	Pilates	Main Studio	60 mins
● 16.55	Zumba	Main Studio	60 mins
● 18.00	LM Body Combat	Main Studio	60 mins
● 18.00	Indoor Cycling	Spin Studio	45 mins
● 19.05	Flex & Strength Yoga	Main Studio	60 mins

## Friday

Time	Class	Studio	Duration
● 07.00	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.00	Indoor Cycling	Spin Studio	30 mins
● 10.00	Yoga	Main Studio	90 mins
● 17.30	LM Body Pump	Main Studio	60 mins

## Saturday

Time	Class	Studio	Duration
● 08.30	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.00	Abs Blast	Main Studio	20 mins
● 09.30	LM Body Combat	Main Studio	60 mins
● 16.30	Indoor Cycling	Spin Studio	30 mins

## Wednesday

Time	Class	Studio	Duration
● 07.00	VIRTUAL - LM Sprint	Spin Studio	30 mins
● 09.30	Indoor Cycling	Spin Studio	45 mins
● 09.25	LM Body Pump	Main Studio	60 mins
● 10.35	Yoga	Main Studio	90 mins
● 17.30	LM Body Pump	Main Studio	60 mins
● 18.35	XBA	Main Studio	60 mins

## Sunday

Time	Class	Studio	Duration
● 09.00	Indoor Cycling	Spin Studio	45 mins
● 09.30	LM Body Combat	Main Studio	60 mins
● 10.45	Yogalates	Main Studio	60 mins
● 17.00	VIRTUAL - LM Sprint	Spin Studio	30 mins

● Heart & Lungs ● Specialist & Holistic ● Toning & Strength ● High Intensity ● Mobility & Flexibility

Please ensure you book for your class, not only does this guarantee your place and ensure we don't have an oversubscribed class or an instructor having to refuse entry for health & safety reasons. It also allows us to keep an eye on numbers, so you don't lose your favourite class.



Book online using the QR code,  
call 01691 684400 or visit us in the club



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## Indoor Cycling

A high-energy cardio workout on a stationary bike, set to motivating music. Improve endurance, burn calories, and strengthen your legs while keeping it low-impact.

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## LM Bodypump

A full-body barbell workout using light to moderate weights with high repetitions. Designed to build strength, tone muscles, and boost fitness fast.

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## Zumba

A fun, dance-based fitness class with energetic Latin and international music. Burn calories while moving to upbeat rhythms and enjoying a party-like atmosphere.

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## Zumba Gold

A lower-impact version of Zumba designed for active older adults or beginners. Dance your way to fitness with easy-to-follow Latin-inspired moves.

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## LM Bodybalance

A yoga-based class blending Tai Chi and Pilates to improve flexibility, strength, and mindfulness. Perfect for stress relief and balance.

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## LM RPM

An indoor cycling workout that takes you on a virtual ride of hills, sprints, and intervals. Burn calories, build endurance, and enjoy an epic playlist.

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## HIIT

Short bursts of intense exercise followed by recovery periods. Boosts metabolism, burns fat, and builds strength in minimal time.

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## Strength & Tone

A full-body conditioning class using resistance exercises to sculpt, strengthen, and tone every muscle group.

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## Pilates

A low-impact workout that focuses on core strength, posture, and flexibility. Ideal for improving balance and body awareness.

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## LM Bodycombat

An empowering martial arts-inspired workout that draws from karate, boxing, and kickboxing. Burn calories and unleash your inner fighter.

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## Flex & Strength Yoga

A yoga-inspired session designed to improve flexibility, mobility, and muscular strength through controlled movements and deep stretches.

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## Yoga

A calming practice combining movement, breathwork, and mindfulness to enhance flexibility, strength, and mental clarity.

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## XBA

Extreme Body Assault — a powerful, high-intensity 60-minute workout mixing cardio, strength, and plyometric training for maximum results.

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## Tai Chi

A gentle, flowing martial art focused on balance, coordination, and relaxation. Great for reducing stress and improving mobility.

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## Abs Blast

A short, focused workout targeting your core muscles. Strengthen and define your abs through powerful, effective exercises.

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## Yogalates

A perfect fusion of yoga and Pilates designed to tone muscles, improve posture, and enhance flexibility while calming the mind.

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