



The Lansdowne Club

Exercise Studio Timetable

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
10:00				Lotte Berk				10:00
10:30		Ballet		10:00-11:00	Ballet			10:30
11:00		10:30-11:30			10:30-11:30			11:00
11:30								11:30
12:00	Circuit Class	Spinning	Body Conditioning	Spinning	Boxercise			12:00
12:30	12:00-13:00	12:00-12:45	12:00-13:00	12:00-12:45	12:00-13:00			12:30
13:00	Lotte Berk	Ballet	Circuit Class	Lotte Berk				13:00
13:30	13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00				13:30
14:00						Ballet		14:00
14:30						14:00-15:00		14:30
15:00								15:00
15:30	Private Pilates 3:30-5:30							15:30
16:00								16:00
16:30								16:30
17:00								17:00
17:30								17:30
18:00	Pilates							18:00
18:30	18:00-19:00	Zumba	Yoga	Aerobics				18:30
19:00	Aerobics	18:30-19:30	18.30 – 19.30	18:30-19:30				19:00
19:30	19:00-20:00		Lotte Berk					19:30
20:00			19:30-20:30					20:00

- Zumba** New to The Lansdowne Club! The latest in fitness, Zumba is a calorie burning dance fitness party! Fusion of Latin and international rhythms that create an exciting and effective all over workout.
- Circuit Class** Bored of the same old gym routines? Join in with this high intensity full body workout.
- Pilates** Ideal if you are looking to improve your core stability and posture.
- Aerobics** If you're tired of your current cardio workout, try this energetic, fun filled class.
- Yoga** Wind down and relax from the stresses of London life while increasing your flexibility.
- Spinning** Training for a Triathlon? Keen to burn easy calories? Why not give this zero impact, invigorating and challenging cycling class a go?
- Body Conditioning** All over body workout defining the major muscle groups and core conditioning. The class incorporates matt and floor exercise together with bikes, dumbbells and resistance tubes.
- Boxercise** Fun on a Friday! Beginners through to experts, men and women, young and old, all will love this challenging and high calorie burning session.
- Lotte Berk** Unique method of exercise which increases flexibility. It is based on yoga and modern dance movements and helps redefine your feminine shape.
- Ballet** The art of ballet.