

LANES CLASS TIMETABLE

FROM
FEBRUARY 19TH 2024

WE OFFER OVER 90 CLASSES A WEEK, FOR FURTHER DESCRIPTIONS OF EACH OF OUR CLASSES VISIT OUR WEBSITE, OR SPEAK TO OUR DEDICATED GROUP EXERCISE CREW.

M

MONDAY

STUDIO 1

SPIN	06:30 - 07:15		NIKKI
LM PUMP	07:30 - 08:15		EMILY
LM COMBAT	08:30 - 09:15		LAURA
PILATES	09:30 - 10:15		CAROL
DANCE THROUGH THE DECADES	10:30 - 11:15		VICKI
SPIN & CONDITION* <small>(STARTS 4TH MARCH)</small>	11:30 - 12:15		KAREN
USE IT OR LOOSE IT	12:30 - 13:15		BENNIE
ABS & CORE	17:00 - 17:30		ANDY
TOTALLY SHREDDED	18:00 - 18:45		SAM
LM SH'BAM	19:15 - 20:00		RICH
YOGA	20:15 - 21:00		BEA

STUDIO 2

LM SHAPES	08:30 - 09:00		EMILY
EXPRESS LM BALANCE	09:10 - 09:40		EMILY
BODY BURN	10:00 - 10:45		ROB
YOGA	11:30 - 12:15		YASUE
YOGA	12:30 - 13:15		YASUE
BOOTCAMP	18:00 - 18:45		ANDY
LM BALANCE	19:15 - 20:00		COLIN

POOL

AQUA FIT	10:00 - 10:45		LAURA
SWIM FIT	19:30 - 20:30		SARAH

T

TUESDAY

STUDIO 1

CIRCUITS	06:30 - 07:15		ROB
HIIT STEP & TONE* <small>(STARTS 5TH MARCH)</small>	08:00 - 08:45		LAURA
STEP	09:00 - 09:45		KAREN
CONDITIONING	10:00 - 10:45		CLAIRE
DANCE FUSION	11:00 - 11:45		LAURA
STABILITY	11:50 - 12:35		CLAIRE
USE IT OR LOOSE IT	12:45 - 13:15		CLAIRE
SPIN	17:30 - 18:15		JO M
LM COMBAT	18:30 - 19:15		RICH D
LM BODY PUMP	19:30 - 20:15		GAYLE

STUDIO 2

LM BALANCE	07:45 - 08:30		NORMA
PILATES	09:00 - 09:45		JANET
STRETCH	10:00 - 10:30		JANET
HIIT	17:30 - 18:15		HANNAH
FITNESS PILATES	18:30 - 19:15		RUBY
LM BALANCE	19:30 - 20:15		RUBY

POOL

AQUA <small>(STARTS 20TH FEB)</small>	11:00 - 11:45		HANNAH
AQUA	18:15 - 19:00		SAM B

W

WEDNESDAY

STUDIO 1

SPIN	06:30 - 07:15		SUE T
LM CARDIO	07:30 - 08:15		LAURA
BARRE & BURN	08:30 - 09:15		LAURA
PILATES	09:30 - 10:15		JANET
LANES MIX	10:30 - 11:15		LAURA
ZUMBA	11:30 - 12:15		SALLY D
LM PUMP	12:30 - 13:15		RACH
LM BODY BALANCE	13:30 - 14:15		RACH
YOGA	15:30 - 16:15		BEA
SPIN	17:00 - 17:45		NORMA
PILATES	18:00 - 18:45		ANNIE
LATIN DANCE	19:00 - 19:45		RUBY

STUDIO 2

PILATES	09:30 - 10:15		KATHY
YIN YOGA	16:45 - 17:45		BEA
LM CORE	18:00 - 18:45		NORMA
STRETCH	19:30 - 20:15		NORMA

POOL

AQUA <small>(STARTS 6TH MARCH)</small>	09:30 - 10:15		LAURA
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LM = LES MILLS LICENCED CLASS

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T THURSDAY

STUDIO 1

PILATES	07:45 - 08:30		RUBY
LM BODY ATTACK	09:00 - 09:45		LAURA
SMASH	10:00 - 10:45		LAURA
LM PUMP	11:00 - 11:45		RACH
YOGALATES	12:00 - 12:45		ANNIE
DANCE FUSION	13:00 - 13:45		LAURA
RETRO SPIN	17:00 - 17:45		ANDY T
LM PUMP	18:15 - 19:00		JO M
LM CORE	19:05 - 19:35		JO M

STUDIO 2

PILATES	10:00 - 10:45		JANET
BODY BURN	17:30 - 18:15		ROB
YOGA	18:30 - 19:15		KELLY

POOL

AQUA	12:30 - 13:15		SAM B
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F FRIDAY

STUDIO 1

SPIN	06:30 - 07:15		SUE T
LM BODY PUMP	07:45 - 08:30		COLIN
LM COMBAT	08:45 - 09:30		LAURA
LANES MIX	09:45 - 10:45		LAURA
SPIN & PUMP	11:00 - 11:45		KAREN
PILATES	12:00 - 12:45		ANNIE
TAI CHI	13:00 - 14:00		KEITH
TAI CHAIR	14:15 - 15:00		KEITH
LOWER BODY STRENGTH	17:30 - 18:15		ROB
SPIN CIRCUITS	18:30 - 19:15		ANDY T

STUDIO 2

MEDITATION	07:30 - 08:15		JACK
BODY BURN	09:00 - 09:45		ROB
YOGA	10:00 - 10:45		BENNIE

POOL

SWIM FIT	06:30 - 07:30		SARAH
AQUA	09:15 - 10:00		EMMA S

S SATURDAY

STUDIO 1

SPIN	08:15 - 09:00		MARK T
LM PUMP	09:15 - 10:00		NORMA
ZUMBA	10:15 - 11:00		MARIE
LM COMBAT	11:15 - 12:00		SALLY H
PURE STRETCH	12:05 - 12:50		SALLY H

STUDIO 2

CONDITIONING	10:15 - 11:00		SALLY H
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POOL

AQUA	11:45 - 12:30		CLAIRE
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S SUNDAY

STUDIO 1

LM ATTACK	09:00 - 09:45		RICH
LM PUMP	10:00 - 10:45		RICH
YOGA	11:15 - 12:00		NORMA
SPIN	12:15 - 13:00		MARK T
LM SHAPES	13:34 - 14:30		EMILY

STUDIO 2

PILATES FLOW	09:15 - 10:00		EMMA S
LM CORE	10:15 - 10:45		EMMA S



Scan to book!

CANCELLATION POLICY: Members must cancel classes at least 6 hours in advance online, via app, phone, or in person. No shows may result in a reminder email. After three violations, booking rights will be suspended for a week. Thank you for your consideration.

FOR MORE INFORMATION ON OUR TERMS AND CONDITIONS VISIT WWW.LANESHEALTHCLUBS.CO.UK