

Monday

Open 9:00 - 22:00

| | | |
|---------------|------------------------------------|-------------------------|
| 13:10 - 13:50 | Body Tone | Studio Havana |
| 18:45 - 20:00 | Yoga Astanga (Beginners) | Paris |
| 19:00 - 20:00 | Body Tone | New York |
| 19:00 - 20:00 | Street Dance | Havana |
| 20:00 - 21:00 | Salsa | New York |
| 20:00 - 21:30 | Yoga Astanga (Intermediate) | Paris |
| 20:10 - 21:10 | Pole Fitness | Havana |

Tuesday

Open 9:00 - 22:00

| | | |
|---------------|--------------------------|----------|
| 18:30 - 19:30 | Circuit Class | New York |
| 18:30 - 19:30 | Chi Kung | Paris |
| 19:30 - 20:30 | Contemporary Rock | Havana |
| 19:30 - 20:15 | Spinning | Paris |
| 19:30 - 20:30 | Zumba ® | New York |
| 20:30 - 21:30 | Pilates | Paris |

Wednesday

Open 9:00 - 22:00

| | | |
|---------------|-------------------------------------|----------|
| 18:45 - 20:00 | Ballet Fusion (Beginners) | New York |
| 18:45 - 19:00 | Advice & Weigh-In (FFC) | Havana |
| 19:00 - 20:00 | Factory Fit Club (FFC) | Havana |
| 19:00 - 19:45 | Spinning | Paris |
| 20:00 - 21:00 | Street Dance | Havana |
| 20:00 - 21:00 | Yoga Hatha | Paris |
| 20:00 - 21:15 | Ballet Fusion (Intermediate) | New York |

The Factory Fitness & Dance Centre
407 Hornsey Road, London N19 4DX
020 7272 1122
info@factorylondon.com

Reduce your membership fees!
Ask us how

Thursday

Open 9:00 - 22:00

| | | |
|---------------|--------------------------------------|------------------------|
| 13:10 - 13:50 | Yoga Hatha | Studio Paris |
| 18:30 - 19:30 | Boxing Circuits | Paris |
| 18:40 - 19:40 | Pilates | Paris |
| 19:00 - 20:00 | Legs, Bums & Tums | New York |
| 19:45 - 20:30 | Spinning | Paris |
| 20:00 - 21:00 | Zumba ® | New York |
| 20:35 - 22:00 | Yoga Iyengar New Class | Paris |
| 21:00 - 22:00 | Tango | New York |
| 20:00 - 21:00 | Pole Fitness | Havana |

Open 9:00 - 21:00

Friday

09:00 - 21:00 **Gym Only, No Classes**

Open 9:00 - 19:00

Saturday

| | | |
|---------------|------------------------|----------|
| 09:00 - 10:00 | Body Tone | New York |
| 10:00 - 11:00 | Boxing Circuits | Havana |
| 11:00 - 12:00 | Yoga Hatha | Paris |

Open 9:00 - 18:00

Sunday

| | | |
|---------------|------------------------------------|----------|
| 09:15 - 10:00 | Spinning | Paris |
| 10:00 - 11:00 | Zumba ® | New York |
| 11:00 - 12:00 | Total Belly Dance | Paris |
| 12:00 - 13:30 | Yoga Astanga (Intermediate) | Paris |
| 16:30 - 17:30 | Pilates | Paris |

