

CLASS TIMETABLE

MONDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:00 - 07:30	KETTLE BELLS	STUDIO 2
08:30 - 09:30	ASTANGA YOGA	STUDIO 2
08:45 - 09:15	POWERWAVE	STUDIO 1
09:30 - 10:00	POWER SPIN	SPIN STUDIO
09:30 - 10:25	PILATES	STUDIO 2
09:30 - 10:25	FAST ACTIVE TRAINING	STUDIO 1
10:30 - 11:30	PILATES	STUDIO 2
10:30 - 11:25	BODY BALANCE	STUDIO 1
11:30 - 12:30	BODY PUMP	STUDIO 1
10:30 - 11:15	SPIN	SPIN STUDIO
11:30 - 12:15	AQUA	POOL
11:30 - 12:30	YOUNG AT HEART	GYM
11:30 - 12:30	BODYCOMBAT	STUDIO 2
13:00 - 14:00	LBT	STUDIO 1
16:30 - 17:15	TEEN FIT	STUDIO 1
18:00 - 18:30	TABATA	STUDIO 2
18:30 - 19:25	BODY PUMP	STUDIO 1
18:30 - 19:30	ZUMBA	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
19:30 - 20:30	BODY COMBAT	STUDIO 1
19:30 - 20:25	POUND	STUDIO 2
20:30 - 21:30	HATHA YOGA	STUDIO 1

TUESDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:00 - 07:45	X-TRAIN	STUDIO 1
09:00 - 09:30	POWERWAVE	STUDIO 1
09:15 - 09:55	KETTLEBELLS	STUDIO 2
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:30	YOUNG AT HEART	GYM
09:45 - 10:30	SPIN	SPIN STUDIO
10:15 - 11:00	AQUA	POOL
10:30 - 11:30	PILATES	STUDIO 1
10:30 - 11:30	HATHA YOGA	STUDIO 2
11:30 - 12:30	BODY ATTACK	STUDIO 2
11:30 - 12:30	YOUNG AT HEART	STUDIO 1
12:30 - 13:30	VINYASA YOGA	STUDIO 2
16:30 - 17:15	TEEN FIT	STUDIO 1
18:15 - 19:00	DTM HOUSE	STUDIO 2
18:15 - 19:00	ZUMBA STEP	STUDIO 1
19:00 - 20:00	PILATES	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
19:00 - 20:30	HATHA YOGA	STUDIO 1
20:30 - 21:30	INSANITY	STUDIO 1

WEDNESDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
06:30 - 07:00	CORE CONDITIONING	STUDIO 1
08:45 - 09:30	STRONG	STUDIO 2
09:30 - 10:25	BODY PUMP	STUDIO 1
09:30 - 10:15	SPIN	SPIN STUDIO
09:30 - 10:30	ZUMBA	STUDIO 2
10:30 - 11:15	AQUA CIRCUITS	POOL
10:30 - 11:30	BODY BALANCE	STUDIO 1
10:30 - 11:30	YOUNG AT HEART	GYM
10:30 - 11:15	JAZZERCISE	STUDIO 2
11:30 - 12:30	BODYCOMBAT	STUDIO 2
11:30 - 12:30	ZUMBA STEP	STUDIO 1
13:00 - 14:30	HATHA YOGA	STUDIO 1
18:15 - 19:00	HIIT	STUDIO 2
18:15 - 19:00	AQUA	POOL
18:30 - 19:25	LBT	STUDIO 1
19:00 - 19:45	SPIN	SPIN STUDIO
19:00 - 19:30	TABATA	STUDIO 2
19:30 - 20:30	PILATES	STUDIO 1
20:30 - 21:30	BODY ATTACK	STUDIO 1



BIRCHWOOD PARK
GOLF & COUNTRY CLUB

CLASS TIMETABLE

THURSDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
06:30 - 07:00	TABATA	STUDIO 1
08:30 - 09:15	DTM	STUDIO 2
09:00 - 10:15	HATHA YOGA	STUDIO 1
09:30 - 10:00	KETTLEBELLS	STUDIO 2
09:15- 09:45	POWER SPIN	SPIN STUDIO
10:00 - 10:45	AQUA	POOL
10:15 - 11:30	ADVANCED HATHA YOGA	STUDIO 2
10:15 - 11:30	BEGINNERS HATHA YOGA	STUDIO 1
11:30 - 12:30	DANCE FIT	STUDIO 1
13:00 - 14:00	PILATES	STUDIO 1
16:30 - 17:15	TEEN FIT	STUDIO 1
18:00 - 18:55	BODY PUMP	STUDIO 1
18:30 - 19:15	AQUA	POOL
18:30 - 19:00	POWER WAVE	STUDIO 2
19:00 - 20:00	BODY COMBAT	STUDIO 1
19:00 - 19:45	POUND	STUDIO 2
19:00 - 20:00	SPIN	SPIN STUDIO
19:45 - 20:30	STRONG	STUDIO 2
20:15 - 21:00	X - TRAIN	STUDIO 1
20:30 - 21:00	CORE CONDITIONING	STUDIO 2

FRIDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
06:30 - 07:00	KETTLEBELLS	STUDIO 2
07:00 - 07:45	X-TRAIN	STUDIO 1
08:30 - 09:00	POWER WAVE	STUDIO 1
09:00 - 09:30	CORE CONDITIONING	STUDIO 1
09:00 - 09:45	STRONG	STUDIO 2
09:30 - 10:30	LBT	STUDIO 1
09:30 - 10:15	SPIN	SPIN STUDIO
09:45 - 10:30	ZUMBA	STUDIO 2
10:30 - 11:30	PILATES	STUDIO 2
10:45 - 11:45	CARDIAC PROGRAMME	STUDIO 1
11:45 - 12:45	PILATES	STUDIO 2
12:30 - 13:30	LBT	STUDIO 1
18:00 - 19:00	YIN YOGA	STUDIO 1
19:00 - 20:00	HATHA YOGA	STUDIO 1

SATURDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
08:30 - 09:25	BODY COMBAT	STUDIO 1
09:30 - 10:25	BODY PUMP	STUDIO 1
09:30 - 10:15	SPIN	SPIN STUDIO
10:30 - 11:30	HATHA YOGA	STUDIO 1
10:30 - 11:30	BODY BALANCE	STUDIO 2
14:00 - 14:30	KETTLEBELLS	STUDIO 1

SUNDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
09:00 - 09:45	POUND	STUDIO 2
09:30 - 10:25	BODY PUMP	STUDIO 1
09:45 - 10:15	DTM HOUSE	STUDIO 2
10:00 - 10:45	SPIN	SPIN STUDIO
10:15 - 11:00	ZUMBA	STUDIO 2
10:30 - 11:30	BODY BALANCE	STUDIO 1
12:00 - 12:45	TEEN FIT	GYM
14:00 - 14:30	TABATA	STUDIO 1
18:30 - 19:00	YIN YOGA	STUDIO 1



BIRCHWOOD PARK
GOLF & COUNTRY CLUB