

CLASS TIMETABLE 2019

MONDAY

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

TUESDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:00 - 07:45	X-TRAIN	STUDIO 1
09:00 - 09:25	POWERWAVE	STUDIO 1
09:00 - 09:40	KETTLEBELLS	STUDIO 2
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:15	50+ GYM CIRCUITS	GYM
09:45 - 10:25	LBT	STUDIO 2
09:45 - 10:30	SPIN	SPIN STUDIO
10:15 - 11:00	AQUA	POOL
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:25	VINYASA YOGA	STUDIO 2
11:30 - 12:25	BODY ATTACK	STUDIO 2
11:30 - 12:30	YOUNG AT HEART	STUDIO 1
12:30 - 13:30	VINYASA YOGA	STUDIO 2
14:00 - 15:00	BALLROOM & LATIN	STUDIO 1
16:30 - 17:15	TEEN FIT	STUDIO 1
18:15 - 18:55	BOXERCISE	STUDIO 2
18:15 - 18:55	ZUMBA STEP	STUDIO 1
19:00 - 19:55	ADVANCED PILATES	STUDIO 2
19:00 - 20:25	HATHA YOGA	STUDIO 1
19:15 - 20:00	SPIN	SPIN STUDIO
20:15 - 21:00	SPIN	SPIN STUDIO
20:30 - 21:30	BOXERCISE	STUDIO 1
20:00 - 20:30	POWERWAVE	STUDIO 2

WEDNESDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:00 - 07:30	STRETCH	STUDIO 1
08:00 - 09:00	BOXERCISE	STUDIO 1
08:45 - 09:25	STRONG	STUDIO 2
09:30 - 10:15	SPIN	SPIN STUDIO
09:15 - 10:15	BODY PUMP	STUDIO 1
09:30 - 10:25	ZUMBA	STUDIO 2
10:30 - 11:15	BARRE FITNESS	STUDIO 2
10:30 - 11:15	AQUA CIRCUITS	POOL
10:30 - 11:25	BODY BALANCE	STUDIO 1
10:30 - 11:15	YOUNG AT HEART	GYM
11:30 - 12:25	BODYCOMBAT	STUDIO 2
11:30 - 12:30	ZUMBA STEP	STUDIO 1
12:30 - 13:30	ASHTANGA YOGA	STUDIO 2
13:00 - 14:30	HATHA YOGA	STUDIO 1
18:15 - 18:55	HIIT	STUDIO 2
18:15 - 19:00	AQUA	POOL
18:30 - 19:25	LBT	STUDIO 1
19:00 - 19:55	BODY ATTACK	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
20:00 - 21:00	TAI CHI	STUDIO 2
19:30 - 20:30	PILATES	STUDIO 1

CLASS TIMETABLE

THURSDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:30 - 08:00	TABATA	STUDIO 1
08:30 - 09:10	LBT	STUDIO 2
08:30 - 08:55	KETTLEBELLS	STUDIO 1
09:00 - 10:10	HATHA YOGA	STUDIO 1
09:15 - 10:10	BEGINNERS YOGA	STUDIO 2
09:15 - 09:45	POWER SPIN	SPIN STUDIO
10:00 - 10:45	AQUA	POOL
10:15 - 11:25	BEGINNERS HATHA YOGA	STUDIO 1
10:15 - 11:25	ADVANCED HATHA YOGA	STUDIO 2
11:30 - 12:15	50+ GYM CIRCUITS	GYM
11:30 - 12:30	DANCE FIT	STUDIO 1
11:30 - 12:10	BARRE FITNESS	STUDIO 2
12:15 - 13:00	ZUMBA	STUDIO 2
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 - 18:55	POWERWAVE	STUDIO 2
18:30 - 19:15	AQUA	POOL
19:00 - 20:00	ZUMBA	STUDIO 2
19:00 - 20:00	SPIN	SPIN STUDIO
19:00 - 19:55	BODY COMBAT	STUDIO 1
20:00 - 21:00	PILATES	STUDIO 1

FRIDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
07:00 - 07:45	X-TRAIN	STUDIO 1
08:15 - 09:00	SPIN	SPIN STUDIO
08:15 - 08:55	LBT	STUDIO 2
08:30 - 08:55	POWER WAVE	STUDIO 1
09:00 - 09:25	CORE CONDITIONING	STUDIO 1
09:00 - 09:40	STRONG	STUDIO 2
09:30 - 10:15	SPIN	SPIN STUDIO
09:30 - 10:25	LBT	STUDIO 1
09:45 - 10:40	ZUMBA	STUDIO 2
10:30 - 11:30	PILATES	STUDIO 1
10:45 - 11:45	REFERRAL FITNESS	STUDIO 2
11:45 - 12:40	PILATES	STUDIO 1
12:45 - 13:45	TAI CHI	STUDIO 1
18:00 - 18:55	YIN YOGA	STUDIO 1
19:00 - 20:00	HATHA YOGA	STUDIO 1

SATURDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
08:00 - 09:00	BOXERCISE	STUDIO 2
08:30 - 09:25	BODY COMBAT	STUDIO 1
09:30 - 10:25	BODY PUMP	STUDIO 1
09:30 - 10:25	ZUMBA	STUDIO 2
09:30 - 10:15	SPIN	SPIN STUDIO
10:30 - 12:00	HATHA YOGA	STUDIO 1
10:30 - 11:30	BODY BALANCE	STUDIO 2
18:00 - 18:30	POWERWAVE	STUDIO 1

SUNDAY

TIME	CLASS	LOCATION
ALL DAY	VIRTUAL SPIN	SPIN STUDIO
08:00 - 09:00	TAI CHI	STUDIO 1
09:30 - 10:25	BODY PUMP	STUDIO 1
09:45 - 10:10	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
18:30 - 19:30	YIN YOGA	STUDIO 1



BIRCHWOOD PARK
GOLF & COUNTRY CLUB