

CLASS TIMETABLE

ACTIVE NATION

SEPTEMBER 2023

birchwood

MONDAY

09:30 LM BODYCOMBAT | 60
10:40 LM BODYPUMP | 30
11:30 PILATES | 60
18:00 LM SPRINT | 30
17:45 LM BODYPUMP | 45
18:40 LM BODYCOMBAT | 45

TUESDAY

06:45 LM SPRINT | 30
09:30 LM BODYCOMBAT | 45
10:30 LEGS, BUMS & TUMS | 45
17:30 LM BODYSTEP | 45
18:30 LM THE TRIP | 45
18:30 LM BODYCOMBAT | 60
19:35 ZUMBA | 60

WEDNESDAY

09:30 LM BODYSTEP | 60
10:35 GENTLE PILATES | 45
11:30 DANCE FUSION | 45
17:30 LM STRENGTH DEVELOPMENT
18:00 LM THE TRIP | 45
18:20 LM BODYATTACK | 45
19:15 LM BODYBALANCE | 45

THURSDAY

09:30 LM BODYPUMP | 45
09:30 LM THE TRIP | 45
10:30 YOGA | 45
11:45 PILATES & STRETCH | 60
17:30 LM SPRINT | 30
18:00 LM BODYPUMP | 45
18:10 LM RPM | 45
19:00 LEGS, BUMS & TUMS | 45

FRIDAY

09:30 LM SH'BAM | 45
10:20 LEGS, BUMS & TUMS | 30
11:00 PILATES | 60
17:45 YOGA | 45

SATURDAY

09:00 LM BODYSTEP | 45
10:00 LM BODYATTACK | 45
09:45 LM RPM | 45

SUNDAY

08:30 LM THE TRIP | 45
08:45 LM BODYPUMP | 30
09:20 LM BODYSTEP | 30
09:55 LM BODYCOMBAT | 45

CHECK OUT OUR ACTIVE NATION ANYWHERE APP FOR 1000+ CLASSES - INCLUDING LES MILLS!