

Active Nation Birchwood Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT™ 9:30AM - 10:30AM Main Studio HH	BODYPUMP™ 9:30AM - 10:15AM Main Studio JP	THE TRIP™ 9:30AM - 10:15AM Cycling Live Classes AW	BODYCOMBAT™ 9:30AM - 10:30AM Main Studio HH	Les Mills GRIT series 9:30AM - 10:00AM Main Studio JP	BODYATTACK™ 9:00AM - 9:45AM Main Studio KL	BODYPUMP™ 8:45AM - 9:30AM Main Studio AW
THE TRIP™ 10:30AM - 11:15AM Cycling Live Classes HH	RPM™ 9:30AM - 10:15AM Cycling Live Classes CG	BODYSTEP™ Athletic 9:30AM - 10:15AM Main Studio HH	Body Conditioning 10:30AM - 11:15AM Party Room JW	CXWORX™ 10:00AM - 10:30AM Main Studio DB	THE TRIP™ 9:00AM - 9:45AM Cycling Live Classes HH	THE TRIP™ 8:45AM - 9:30AM Cycling Live Classes HH
Zumba 10:30AM - 11:30AM Main Studio NW	SPRINT 10:20AM - 10:50AM Cycling Live Classes CG	Zumba 10:30AM - 11:30AM Main Studio SM	Yoga 11:30AM - 12:30PM Main Studio PH	Pilates 10:30AM - 11:30AM Main Studio AL	BODYPUMP™ 10:00AM - 10:45AM Main Studio HH	BODYCOMBAT™ 9:45AM - 10:30AM Main Studio AW
Pilates 11:30AM - 12:30PM Main Studio AL	BODYATTACK™ 10:30AM - 11:15AM Main Studio JP	Bollywood 11:30AM - 12:15PM Party Room SM	BODYSTEP™ Classic 5:30PM - 6:00PM Main Studio HH	Team Ride (HIIT) 10:30AM - 11:00AM Cycling Live Classes MF	Zumba 11:00AM - 12:00PM Main Studio SM	
Gentle Pilates 1:00PM - 2:00PM Main Studio AL	Fitsteps 11:30AM - 12:30PM Main Studio JG	Gentle Pilates 1:00PM - 2:00PM Main Studio AW	THE TRIP™ 6:00PM - 6:45PM Cycling Live Classes KF	Yoga 1:00PM - 2:00PM Main Studio CG		
CXWORX™ 5:30PM - 6:00PM Main Studio DB	Les Mills GRIT series 5:30PM - 6:00PM Main Studio DB	CXWORX™ 5:30PM - 6:00PM Main Studio JG	BODYPUMP™ 6:00PM - 6:45PM Main Studio HH	THE TRIP™ 5:15PM - 6:00PM Cycling Live Classes KF		
BODYCOMBAT™ 6:00PM - 7:00PM Main Studio HH	THE TRIP™ 6:00PM - 6:45PM Cycling Live Classes AW	BODYATTACK™ 6:00PM - 7:00PM Main Studio KL	Pilates 6:00PM - 7:00PM Party Room PH	SH'BAM™ 6:00PM - 6:45PM Main Studio JG		
SPRINT 6:15PM - 6:45PM Cycling Live Classes DB	BODYCOMBAT™ 6:00PM - 7:00PM Main Studio CN	RPM™ 6:05PM - 6:50PM Cycling Live Classes DB	Yoga 7:00PM - 8:00PM Party Room PH	RPM™ 6:15PM - 7:00PM Cycling Live Classes DB		
BODYPUMP™ 7:00PM - 7:45PM Main Studio HH	Pilates 6:00PM - 7:00PM Party Room PH	Body Conditioning 7:00PM - 8:00PM Main Studio KL	SH'BAM™ 7:00PM - 7:45PM Main Studio JP			
Pilates 7:00PM - 8:00PM Party Room PH	Zumba 7:00PM - 8:00PM Main Studio CN		SPRINT 7:00PM - 7:30PM Cycling Live Classes CM			
THE TRIP™ 7:00PM - 7:45PM Cycling Live Classes CG	Yoga 8:00PM - 9:00PM Main Studio HH					
BODYBALANCE™ 8:00PM - 9:00PM Main Studio CG						

Active Nation Birchwood Virtual Cycle Classes

Cycling Virtual Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS Virtual RPM™ 7:00AM - 7:30AM VI	LES MILLS Virtual SPRINT 7:00AM - 7:30AM VI	LES MILLS Virtual THE TRIP 7:00AM - 7:45AM VI	LES MILLS Virtual RPM™ 7:00AM - 7:30AM VI	LES MILLS Virtual SPRINT 7:00AM - 7:30AM VI	LES MILLS Virtual SPRINT 8:15AM - 8:45AM VI	LES MILLS Virtual RPM™ 9:45AM - 10:15AM VI
LES MILLS Virtual SPRINT 7:45AM - 8:15AM VI	LES MILLS Virtual THE TRIP 7:45AM - 8:45AM IV	LES MILLS Virtual RPM™ 8:00AM - 8:30AM VI	LES MILLS Virtual SPRINT 7:45AM - 8:15AM VI	LES MILLS Virtual THE TRIP 7:45AM - 8:30AM VI	LES MILLS Virtual RPM™ 10:45AM - 11:15AM VI	LES MILLS Virtual SPRINT 10:30AM - 11:00AM VI
LES MILLS Virtual THE TRIP 8:30AM - 9:15AM IV	LES MILLS Virtual RPM™ 8:45AM - 9:15AM VI	LES MILLS Virtual SPRINT 8:45AM - 9:15AM VI	LES MILLS Virtual THE TRIP 8:30AM - 9:15AM VI	LES MILLS Virtual RPM™ 8:45AM - 9:15AM VI	LES MILLS Virtual SPRINT 11:30AM - 12:00PM VI	LES MILLS Virtual RPM™ 12:15PM - 12:45PM VI
LES MILLS Virtual RPM™ 9:30AM - 10:00AM VI	LES MILLS Virtual THE TRIP 11:15AM - 12:00PM VI	LES MILLS Virtual THE TRIP 10:30AM - 11:15AM VI	LES MILLS Virtual RPM™ 9:30AM - 10:00AM VI	LES MILLS Virtual SPRINT 9:30AM - 10:00AM VI	LES MILLS Virtual THE TRIP 12:15PM - 1:00PM VI	LES MILLS Virtual SPRINT 1:00PM - 1:30PM VI
LES MILLS Virtual SPRINT 12:30PM - 1:00PM VI	LES MILLS Virtual RPM™ 12:15PM - 12:45PM VI	LES MILLS Virtual RPM™ 11:30AM - 12:00PM VI	LES MILLS Virtual THE TRIP 10:30AM - 11:15AM VI	LES MILLS Virtual THE TRIP 11:30AM - 12:15PM IV	LES MILLS Virtual RPM™ 1:15PM - 1:45PM VI	LES MILLS Virtual THE TRIP 1:45PM - 2:30PM VI
LES MILLS Virtual RPM™ 1:15PM - 1:45PM VI	LES MILLS Virtual SPRINT 1:00PM - 1:30PM VI	LES MILLS Virtual SPRINT 12:30PM - 1:00PM VI	LES MILLS Virtual SPRINT 11:30AM - 12:00PM VI	LES MILLS Virtual RPM™ 12:30PM - 1:00PM VI	LES MILLS Virtual SPRINT 2:00PM - 2:30PM VI	LES MILLS Virtual RPM™ 2:45PM - 3:15PM VI
LES MILLS Virtual SPRINT 2:00PM - 2:30PM VI	LES MILLS Virtual THE TRIP 1:45PM - 2:30PM VI	LES MILLS Virtual THE TRIP 1:00PM - 1:45PM VI	LES MILLS Virtual RPM™ 12:15PM - 12:45PM VI	LES MILLS Virtual SPRINT 1:15PM - 1:45PM VI	LES MILLS Virtual THE TRIP 2:45PM - 3:30PM VI	LES MILLS Virtual SPRINT 3:30PM - 4:00PM VI
LES MILLS Virtual THE TRIP 2:45PM - 3:30PM IV	LES MILLS Virtual RPM™ 2:45PM - 3:15PM VI	LES MILLS Virtual RPM™ 2:00PM - 2:30PM VI	LES MILLS Virtual SPRINT 1:15PM - 1:45PM VI	LES MILLS Virtual THE TRIP 2:00PM - 2:45PM VI	LES MILLS Virtual RPM™ 3:45PM - 4:15PM VI	LES MILLS Virtual THE TRIP 4:15PM - 5:00PM VI
LES MILLS Virtual RPM™ 3:45PM - 4:15PM VI	LES MILLS Virtual SPRINT 3:30PM - 4:00PM VI	LES MILLS Virtual SPRINT 2:45PM - 3:15PM VI	LES MILLS Virtual THE TRIP 2:00PM - 2:45PM VI	LES MILLS Virtual RPM™ 3:00PM - 3:30PM VI	LES MILLS Virtual SPRINT 4:30PM - 5:00PM VI	LES MILLS Virtual RPM™ 5:15PM - 5:45PM VI
LES MILLS Virtual SPRINT 4:30PM - 5:00PM VI	LES MILLS Virtual THE TRIP 4:15PM - 5:00PM VI	LES MILLS Virtual THE TRIP 3:30PM - 4:15PM VI	LES MILLS Virtual RPM™ 3:00PM - 3:30PM VI	LES MILLS Virtual SPRINT 3:45PM - 4:15PM VI	LES MILLS Virtual THE TRIP 5:15PM - 6:00PM VI	
LES MILLS Virtual RPM™ 5:30PM - 6:00PM VI	LES MILLS Virtual SPRINT 5:30PM - 6:00PM VI	LES MILLS Virtual RPM™ 4:30PM - 5:00PM VI	LES MILLS Virtual SPRINT 3:45PM - 4:15PM VI	LES MILLS Virtual RPM™ 4:30PM - 5:00PM VI		
LES MILLS Virtual RPM™ 8:00PM - 8:45PM VI	LES MILLS Virtual SPRINT 7:00PM - 7:30PM VI	LES MILLS Virtual SPRINT 5:30PM - 6:00PM VI	LES MILLS Virtual THE TRIP 5:00PM - 5:45PM VI	LES MILLS Virtual THE TRIP 7:15PM - 8:00PM VI		
	LES MILLS Virtual THE TRIP 7:45PM - 8:30PM VI	LES MILLS Virtual THE TRIP 7:00PM - 7:45PM VI	LES MILLS Virtual SPRINT 7:00PM - 7:30PM VI	LES MILLS Virtual THE TRIP 8:00PM - 8:30PM VI		
		LES MILLS Virtual RPM™ 8:00PM - 8:30PM VI	LES MILLS Virtual THE TRIP 7:45PM - 8:30PM VI			