

<b>BIRCHWOOD CLASS TIMETABLE</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
09:30 - 10:30 - LM Body Combat	06:45 - 07:15 - LM Sprint	09:30 - 10:30 - LM Body Step	09:30 - 10:15 - LM Body Pump	11:00 - 12:00 - Pilates	08:45 - 09:15 - LM Body Pump	08:45 - 09:30 - LM Strength Dev
10:35 - 11:05 - LM Body Pump	06:45 - 07:15 - LM Sprint	10:30 - 11:15 - Gentle Pilates	10:30 - 11:15 - LBT / Fit Forever	17:45 - 18:30 - Yoga	09:20 - 10:05 - LM Body Step	09:35 - 10:05 - LM Body Step
11:30 - 12:30 - Pilates	11:30 - 12:15 - LM Shapes	11:30 - 12:15 - Zumba	11:45 - 12:45 - Pilates & Stretch			10:10 - 10:55 - LM Body Combat
18:00 - 18:30 - LM Sprint	17:30 - 18:15 - LM Body Step	12:30 - 13:15 - Chair Based Exercise	17:30 - 18:00 - LM Sprint			
18:40 - 19:25 - LM Body Combat	18:30 - 19:15 - LM The Trip	17:30 - 18:15 - LM Strength Dev	18:00 - 18:45 - LM Body Pump			
19:15-20:00 - LM Strength Dev. - Main Studio	18:20 - 19:20 - LM Body Combat	18:20 - 19:05 - LM Body Attack	18:10 - 18:55 - LM RPM			
19:30 - 20:15 - LM Shapes	19:25 - 20:25 - Zumba	19:15 - 20:00 - LM Body Balance	18:55 - 19:40 - LM Dance			
			19:45 - 20:15 - LBT			