



Birstall Class Timetable



MONDAY	07:15 – 08:00	Total Body EMOM	Joel	Intense
	09:30 - 10:15	Legs, Bums & Tums	Linda	Intense
	10:15 – 11:00	Fitness Yoga	Linda	Studio 2
	12:30 - 13:00	Lunch Time Circuit	MP Staff	Intense
	17:30 - 18:00	AMRAP 30	Joel	Intense
	18:15 - 19:00	Strength Circuit	Joel	Intense
TUESDAY	06:00 – 06:45	Fight Fit & Abs	Joel	Intense
	06:15 - 07:00	Spin	Kelsie	Studio 1
	07:15 – 08:00	HIIT	Joel	Intense
	09:30 - 10:15	Barbell Blast	Joel	Intense
	12:30 - 13:00	Lunch Time Circuit	MP Staff	Intense
	16:30 – 17:30	Joel's Kids Class	Joel	Intense
	17:30 - 18:00	Body Sculpt	MP Staff	Intense
	18:10 - 18:50	Functional Fitness	Chris	Intense
WEDNESDAY	06:15 – 07:00	Bootcamp	Danny	Intense
	07:15 – 08:00	Upper Body & Core AMRAP	Joel	Intense
	09:30 - 10:15	Body Conditioning	Linda	Intense
	12:30 - 13:00	Lunch Time Circuit	MP Staff	Intense
	17:30 - 18:00	HIIT 30	Omar	Intense
	18:15 – 19:00	Legs, Bums & Tums	Omar	Intense
	19:15 – 20:00	Spin	Omar	Studio 1
THURSDAY	06:15 – 07:00	Total Body Blast	Danny	Intense
	12:30 - 13:00	Lunch Time Circuit	MP Staff	Intense
	16:30 – 17:30	Joel's Kids Class	Joel	Intense
	18:00 - 18:40	Bootcamp	Liam	Intense
	18:50 - 19:30	Functional Fitness	Sally	Intense
FRIDAY	06:15 - 07:00	Spin	Sue	Studio 1
	07:15 – 08:00	Fight Fit	Joel	Intense
	09:30 – 10:15	LAA Fitness Bootcamp	Liam	Intense
	12:30 – 13:00	Lunch time Circuit	MP Staff	Intense
	17:30 - 18:00	30 Minute Abs	MP Staff	Intense
	18:00 – 18:45	Functional Fitness	Chris	Intense
SATURDAY	07:30 – 08:15	Spin	Sue	Studio 1
	08:30 - 09:15	Functional Fitness	Chelsea	Intense
	09:30 - 10:15	Bootcamp	Danny	Intense