



Birstall Class Timetable

UPDATED



MONDAY	07:15 - 08:00	Legs & Lungs	Joel	Intense
	09:30 - 10:15	Legs, Bums & Tums	Linda	Intense
	10:15 - 11:00	Fitness Yoga	Linda	Studio 2
	12:30 - 13:00	Lunchtime 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	Lunchtime Circuit	MP Staff	Intense
	16:30 - 17:30	Joel's Kids Class	Joel	Intense
	18:00 - 18:45	Functional Fitness	Chris	Intense
WEDNESDAY	06:15 - 07:00	Bootcamp	Chelsea	Intense
	07:15 - 08:00	Upper Body & Core AMRAP	Joel	Intense
	09:30 - 10:15	Body Conditioning	Linda	Intense
	10:15 - 11:00	Fitness Pilates	Linda	Studio 2
	12:30 - 13:00	Lunchtime Circuit	MP Staff	Intense
	17:30 - 18:00	HIIT 30	Raj	Intense
	18:15 - 19:00	Legs, Bums & Tums	Raj	Intense
	19:15 - 20:00	Spin	Raj	Studio 1
THURSDAY	06:15 - 07:00	Total Body Blast	Ieuan	Intense
	12:30 - 13:00	Lunchtime Class	MP Staff	Intense
	16:30 - 17:30	Joel's Kids Class	Joel	Intense
	18:00 - 18:45	LAA Fitness Bootcamp	Liam	Intense
FRIDAY	07:15 - 08:00	Fight Fit	Joel	Intense
	09:30 - 10:15	LAA Fitness Bootcamp	Liam	Intense
	12:30 - 13:00	Lunchtime Circuit	MP Staff	Intense
	17:30 - 18:00	30 Minute Abs	MP Staff	Intense
	18:00 - 18:45	Functional Fitness	Chris	Intense
SATURDAY	09:00 - 09:45	Functional Fitness	Chelsea	Intense
	10:00 - 10:45	Fitness Pilates	Paula	Studio 2