

BIRCHWOOD LEISURE CENTRE GROUP EXERCISE TIMETABLE

FEBRUARY 20TH 2018 - APRIL 8TH 2018

STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	GRIT 07.00 - 07.30 STUDIO	BODY PUMP 09.30 - 10.15 STUDIO	BODY STEP 09.30 - 10.15 STUDIO	GRIT 07.00 - 07.30 STUDIO			BODY ATTACK 09.00 - 09.30 STUDIO	BODY PUMP 09.00 - 09.30 STUDIO
	BODY COMBAT 09.30 - 10.30 STUDIO	BODY BALANCE 10.30 - 11.30 STUDIO	ZUMBA 10.30 - 11.30 STUDIO	BODY ATTACK 09.30 - 10.30 STUDIO			BODY PUMP 09.30 - 10.15 STUDIO	BODY COMBAT 09.30 - 10.30 STUDIO
	ZUMBA 10.30 - 11.30 STUDIO		BOLLYWOOD 11.30 - 12.30 STUDIO	YOGA 11.30 - 12.30 STUDIO			BODY STEP 10.30 - 11.00 STUDIO	
	PILATES 11.30 - 12.30 STUDIO						ZUMBA 11.00 - 12.00 STUDIO	
	GENTLE PILATES 13.00 - 14.00 STUDIO	FIT STEPS 12.15 - 13.15 STUDIO	YOGA 13.00 - 14.00 STUDIO			GENTLE YOGA 13.00 - 14.00 STUDIO		
	CX WORX 17.30 - 18.00 STUDIO	GRIT 17.30 - 18.00 STUDIO	CX WORX 17.30 - 18.00 STUDIO	HIIT 17.30 - 18.00 STUDIO		CLUBBERCISE 18.00 - 19.00 STUDIO		
	BODY COMBAT 18.00 - 19.00 STUDIO	BODY COMBAT 18.00 - 19.00 STUDIO	BODY ATTACK 18.00 - 18.45 STUDIO	BODY PUMP 18.00 - 18.45 STUDIO				
	BODY PUMP 19.00 - 19.45 STUDIO	ZUMBA 19.00 - 20.00 STUDIO	CORE STABILITY 19.00 - 20.00 STUDIO	YOGA 20.00 - 21.00 STUDIO				
	BODY BALANCE 20.00 - 20.45 STUDIO	YOGA 20.00 - 21.00 STUDIO	PILATES 20.00 - 21.00 STUDIO					

BIRCHWOOD LEISURE CENTRE 01522 304 450

WWW.ACTIVENATION.ORG.UK

ACTIVE
NATION

working in
partnership
with



CITY OF
Lincoln
COUNCIL

BIRCHWOOD LEISURE CENTRE GROUP EXERCISE TIMETABLE

FEBRUARY 20TH 2018 - APRIL 8TH 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IMMERSIVE	VIRTUAL RPM 07.00 - 07.45 CYCLING STUDIO	SPRINT 07.00 - 07.30 CYCLING STUDIO	RPM 07.00 - 07.45 CYCLING STUDIO	VIRTUAL RPM 07.00 - 07.45 CYCLING STUDIO	VIRTUAL RPM 07.00 - 07.45 CYCLING STUDIO	TEAM RIDE 08.00 - 08.45 CYCLING STUDIO	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO
	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO	VIRTUAL RPM 08.00 - 08.30 CYCLING STUDIO	TEAM RIDE 09.30 - 10.15 CYCLING STUDIO	THE TRIP 08.45 - 09.30 CYCLING STUDIO
	VIRTUAL RPM 08.45 - 09.15 CYCLING STUDIO	VIRTUAL RPM 08.45 - 09.15 CYCLING STUDIO	VIRTUAL RPM 08.45 - 09.15 CYCLING STUDIO	VIRTUAL RPM 08.45 - 09.15 CYCLING STUDIO	VIRTUAL RPM 08.45 - 09.15 CYCLING STUDIO	THE TRIP 10.30 - 11.15 CYCLING STUDIO	
	VIRTUAL RPM 09.30 - 10.15 CYCLING STUDIO	THE TRIP 09.30 - 10.15 CYCLING STUDIO	THE TRIP 09.30 - 10.15 CYCLING STUDIO	THE TRIP 09.30 - 10.15 CYCLING STUDIO	RPM 09.30 - 10.15 CYCLING STUDIO		
	THE TRIP 10.30 - 11.15 CYCLING STUDIO	RPM 10.30 - 11.15 CYCLING STUDIO	VIRTUAL RPM 10.30 - 11.15 CYCLING STUDIO	RPM 10.30 - 11.15 CYCLING STUDIO	THE TRIP 10.30 - 11.15 CYCLING STUDIO		
	THE TRIP 12.00 - 12.45 CYCLING STUDIO	VIRTUAL RPM 12.00 - 12.30 CYCLING STUDIO	THE TRIP 12.00 - 12.45 CYCLING STUDIO	VIRTUAL RPM 12.00 - 12.45 CYCLING STUDIO	VIRTUAL RPM 12.00 - 12.45 CYCLING STUDIO	VIRTUAL RPM 12.00 - 12.45 CYCLING STUDIO	VIRTUAL RPM 12.00 - 12.45 CYCLING STUDIO
	VIRTUAL RPM 13.00 - 13.30 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.30 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.45 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.45 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.30 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.45 CYCLING STUDIO	VIRTUAL RPM 13.00 - 13.45 CYCLING STUDIO
	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO	VIRTUAL RPM 14.00 - 14.45 CYCLING STUDIO
	VIRTUAL RPM 15.00 - 15.45 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.30 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.45 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.45 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.45 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.30 CYCLING STUDIO	VIRTUAL RPM 15.00 - 15.45 CYCLING STUDIO
	VIRTUAL RPM 16.00 - 16.30 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.45 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.45 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.45 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.30 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.45 CYCLING STUDIO	VIRTUAL RPM 16.00 - 16.45 CYCLING STUDIO
	SPRINT 17.30 - 18.00 CYCLING STUDIO	THE TRIP 18.00 - 18.45 CYCLING STUDIO	RPM 18.00 - 18.45 CYCLING STUDIO	SPRINT 17.30 - 18.00 CYCLING STUDIO	THE TRIP 17.15 - 18.00 CYCLING STUDIO	RPM 17.00 - 17.45 CYCLING STUDIO	VIRTUAL RPM 17.00 - 17.45 CYCLING STUDIO
	RPM 18.00 - 18.45 CYCLING STUDIO	TEAM RIDE 19.00 - 19.45 CYCLING STUDIO	SPRINT 19.00 - 19.30 CYCLING STUDIO	THE TRIP 18.00 - 18.45 CYCLING STUDIO	TEAM RIDE 18.00 - 18.45 CYCLING STUDIO	VIRTUAL RPM 18.00 - 18.30 CYCLING STUDIO	VIRTUAL RPM 18.00 - 18.30 CYCLING STUDIO
	THE TRIP 19.00 - 19.45 CYCLING STUDIO	VIRTUAL RPM 20.00 - 20.45 CYCLING STUDIO	VIRTUAL RPM 20.00 - 20.45 CYCLING STUDIO	VIRTUAL RPM 19.00 - 19.45 CYCLING STUDIO	VIRTUAL RPM 20.00 - 20.30 CYCLING STUDIO		
	VIRTUAL RPM 20.00 - 20.45 CYCLING STUDIO			VIRTUAL RPM 20.00 - 20.45 CYCLING STUDIO			

BIRCHWOOD LEISURE CENTRE 01522 304 450
WWW.ACTIVATION.ORG.UK

ACTIVE
NATION

working in
partnership
with

