

# BIRCHWOOD LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>LES MILLS BODYCOMBAT™</b> 09.30 - 10.30 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 09.30 - 10.30 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 09.30 - 10.15 MAIN STUDIO	<b>LES MILLS BODYCOMBAT™</b> 09.30 - 10.30 MAIN STUDIO	<b>BODY CONDITIONING</b> 09.30 - 10.15 MAIN STUDIO	<b>LES MILLS BODYATTACK™</b> 09.00 - 09.45 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 08.45 - 09.30 MAIN STUDIO
	<b>ZUMBA™</b> 10.30 - 11.30 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 10.30 - 11.00 MAIN STUDIO	<b>ZUMBA™</b> 10.30 - 11.30 MAIN STUDIO	<b>KETTLEBELLS</b> 10.30 - 11.30 PARTY ROOM	<b>PILATES</b> 10.30 - 11.30 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 10.00 - 10.45 MAIN STUDIO	<b>LES MILLS BODYCOMBAT™</b> 09.45 - 10.30 MAIN STUDIO
	<b>PILATES</b> 11.30 - 12.30 MAIN STUDIO	<b>BALLROOM FIT STEPS</b> 11.15 - 12.15 MAIN STUDIO	<b>BOLLYWOOD</b> 11.30 - 12.30 MAIN STUDIO	<b>YOGA</b> 11.30 - 12.30 MAIN STUDIO	<b>BALLETFIT</b> 11.30 - 12.30 PARTY ROOM	<b>ZUMBA™</b> 11.00 - 12.00 MAIN STUDIO	
	<b>BALLETFIT</b> 12.30 - 13.30 PARTY ROOM	<b>LES MILLS GRIT™</b> 17.30 - 18.00 MAIN STUDIO	<b>GENTLE PILATES</b> 13.00 - 14.00 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 17.30 - 18.00 MAIN STUDIO	<b>GENTLE YOGA</b> 13.00 - 14.00 MAIN STUDIO		
	<b>GENTLE PILATES</b> 13.00 - 14.00 MAIN STUDIO	<b>PILATES</b> 18.00 - 19.00 PARTY ROOM	<b>LES MILLS CXWORX™</b> 17.30 - 18.00 MAIN STUDIO	<b>PILATES</b> 18.00 - 19.00 PARTY ROOM	<b>CLUBBERCISE</b> 18.00 - 19.00 MAIN STUDIO		
	<b>LES MILLS CXWORX™</b> 17.30 - 18.00 MAIN STUDIO	<b>LES MILLS BODYCOMBAT™</b> 18.00 - 19.00 MAIN STUDIO	<b>LES MILLS BODYATTACK™</b> 18.00 - 18.45 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 18.00 - 18.45 MAIN STUDIO			
	<b>LES MILLS BODYCOMBAT™</b> 18.00 - 19.00 MAIN STUDIO	<b>ZUMBA™</b> 19.00 - 20.00 MAIN STUDIO	<b>CORE STABILITY</b> 19.00 - 20.00 MAIN STUDIO	<b>YOGA</b> 19.00 - 20.00 PARTY ROOM			
	<b>LES MILLS BODYPUMP™</b> 19.00 - 19.45 MAIN STUDIO	<b>YOGA</b> 20.00 - 21.00 MAIN STUDIO					
	<b>PILATES</b> 19.00 - 20.00 PARTY ROOM						

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

15TH JULY - 31ST AUGUST

IMMERSIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LES MILLS VIRTUAL RPM™ 07.00 - 07.30 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 07.00 - 07.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 07.00 - 07.45 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 07.00 - 07.30 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 07.00 - 07.30 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 08.30 - 09.00 CYCLING STUDIO	LES MILLS THE TRIP™ 08.45 - 09.30 CYCLING STUDIO
	LES MILLS VIRTUAL SPRINT™ 07.45 - 08.15 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 07.45 - 08.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 08.00 - 08.30 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 07.45 - 08.15 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 07.45 - 08.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 09.30 - 10.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 09.45 - 10.15 CYCLING STUDIO
	LES MILLS VIRTUAL TRIP™ 08.30 - 09.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 08.45 - 09.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 08.45 - 09.15 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 08.30 - 09.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 08.45 - 09.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 10.45 - 11.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 10.30 - 11.00 CYCLING STUDIO
	LES MILLS VIRTUAL RPM™ 09.30 - 10.00 CYCLING STUDIO	LES MILLS THE TRIP™ 09.30 - 10.15 CYCLING STUDIO	LES MILLS THE TRIP™ 09.30 - 10.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 09.30 - 10.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 09.30 - 10.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 11.30 - 12.00 CYCLING STUDIO	
	LES MILLS THE TRIP™ 10.30 - 11.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 10.30 - 11.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 10.30 - 11.15 CYCLING STUDIO	LES MILLS THE TRIP™ 10.30 - 11.15 CYCLING STUDIO	LES MILLS THE TRIP™ 10.30 - 11.15 CYCLING STUDIO		
	LES MILLS VIRTUAL SPRINT™ 11.30 - 12.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 11.15 - 12.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 11.30 - 12.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 11.30 - 12.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 11.30 - 12.15 CYCLING STUDIO		
	LES MILLS VIRTUAL SPRINT™ 12.30 - 13.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 12.15 - 12.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 12.30 - 13.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 12.15 - 12.45 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 12.30 - 13.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 12.15 - 13.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 12.15 - 12.45 CYCLING STUDIO
	LES MILLS VIRTUAL RPM™ 13.15 - 13.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 13.00 - 13.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 13.00 - 13.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 13.15 - 13.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 13.15 - 13.45 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 13.15 - 13.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 13.00 - 13.30 CYCLING STUDIO
	LES MILLS VIRTUAL SPRINT™ 14.00 - 14.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 13.45 - 14.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 14.00 - 14.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 14.00 - 14.45 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 14.00 - 14.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 14.00 - 14.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 13.45 - 14.30 CYCLING STUDIO
LES MILLS VIRTUAL TRIP™ 14.45 - 15.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 14.45 - 15.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 14.45 - 15.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 15.00 - 15.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 15.00 - 15.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 14.45 - 15.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 14.45 - 15.15 CYCLING STUDIO	
LES MILLS VIRTUAL RPM™ 15.45 - 16.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 15.30 - 16.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 15.30 - 16.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 15.45 - 16.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 15.45 - 16.15 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 15.45 - 16.15 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 15.30 - 16.00 CYCLING STUDIO	
LES MILLS VIRTUAL SPRINT™ 16.30 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 16.15 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 16.30 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 16.30 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 16.30 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 16.30 - 17.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 16.15 - 17.00 CYCLING STUDIO	
LES MILLS VIRTUAL RPM™ 17.30 - 18.00 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 17.30 - 18.00 CYCLING STUDIO	LES MILLS SPRINT™ 17.30 - 18.00 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 17.15 - 17.45 CYCLING STUDIO	LES MILLS THE TRIP™ 17.15 - 18.00 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 17.10 - 17.55 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 17.10 - 17.40 CYCLING STUDIO	
LES MILLS SPRINT™ 18.15 - 18.45 CYCLING STUDIO	LES MILLS THE TRIP™ 18.00 - 18.45 CYCLING STUDIO	LES MILLS RPM™ 18.05 - 18.50 CYCLING STUDIO	LES MILLS THE TRIP™ 18.00 - 18.45 CYCLING STUDIO	LES MILLS RPM™ 18.15 - 19.00 CYCLING STUDIO			
LES MILLS THE TRIP™ 19.00 - 19.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 19.00 - 19.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 19.00 - 19.45 CYCLING STUDIO	LES MILLS VIRTUAL SPRINT™ 19.00 - 19.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 19.15 - 20.00 CYCLING STUDIO			
LES MILLS VIRTUAL RPM™ 20.00 - 20.45 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 19.45 - 20.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 20.00 - 20.30 CYCLING STUDIO	LES MILLS VIRTUAL TRIP™ 19.45 - 20.30 CYCLING STUDIO	LES MILLS VIRTUAL RPM™ 20.15 - 20.45 CYCLING STUDIO			

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

**ACTIVE**  
NATION

working in  
partnership  
with

