



Birchall Class Timetable

Monday	Time/duration	Instructor
Zumba	09:00- 09:45	Craig
Body Con	09:45-10:30	Craig
Zumba	10:30-11:15	Craig
Body Balance	12:15-13.00	SamM
Body Pump	17:00- 17:45	Sam M
Step	18:00- 18:45	Sam M
Indoor Cycle	19:00-19:45	Paul

Tuesday	Time/duration	Instructor
Indoor Cycle	06:45-07:30	Paul
Body Pump	09:30-10:15	Sam M
Yoga	10:30 - 11:30	Sam E
Indoor Cycle	12:15-13:00	SAM M
Indoor Cycle	17:00-17:45	Paula
Zumba	18:00-18:45	Craig
H/B/T	18:45-19:30	Craig
Indoor Cycle	19:45- 20:30	Pete

Wednesday	Time/duration	Instructor
Step	06:45-07:30	Sam M
Aerobics	09:30- 10:15	Sam M
Pilates	10:30-11:15	Sam E
Indoor Cycle	12:15-13:00	Sam M
Body Pump	17:00- 17:45	Sam M
Indoor Cycle	19:45- 20:30	Pete
Zumba	18:00-18:45	Craig
Pilates	18:45-19:30	Craig

Thursday	Time/duration	Instructor
Body Pump	06:45-07:30	Sam M
Body Con	09:30- 10:15	Sam M
Yoga	10:30- 11:30	Sam E
Zumba	18:00- 18:45	Criag
Body Con	18:45-19:30	Criag
Indoor Cycle	19:45- 20:30	Pete

Friday	Time/duration	Instructor
Indoor Cycle	07:00-07:45	Sam M
H/B/T	09:30-10:15	Sam M
Yoga	10:30-11:30	Sam E
Indoor Cycle	17:30-18:15	Paul
Zumba	18:30-19:15	Rose

Saturday	Time/duration	Instructor
Body conditioning	09:00– 09:45	Pete
Indoor Cycle	10:00-10:45	Pete

SUNDAY NO CLASSES DURING FOOTBALL SEASON

The cost to access classes only at Birchall is £25pm and anyone wanting to take up this opportunity should contact the team at Brough Park

This timetable is subject to change