

CLASS TIMETABLE

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
9.30am-10.30am	Pilates Reformer Class – Level 4-5	Birchwood Pilates Studio	9.40am-10.40am	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	9.40am-10.40am	Pilates Reformer Class – Level 4-5	Birchwood Pilates Studio	8.30am-9.30am	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio	9.30am-10.30am	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio	9.15am-10.00am	Little Kickers - Junior Kickers	Birchwood Leisure Centre
10.00am-11.00am	Low Impact Aerobics	Birchwood Leisure Centre	10.00am-11.30am	Walking Football - Over 50s	Birchwood Leisure Centre	10.45am-11.45am	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	9.30am-10.30am	Matwork Pilates Class	Birchwood Pilates Studio	10.00am-11.00am	Matwork Pilates Class	Birchwood Pilates Studio	10.10am-10.55am	Little Kickers - Mighty Kickers	Birchwood Leisure Centre
10.45am-11.45am	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	11.40am-12.30pm	Strength and Balance	Birchwood Leisure Centre	1.45pm-3.45pm	Singing for the Brain	Oxlease House	9.40am-10.40am	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	10.40am-11.40am	Pilates Reformer Class – Level 1-3	Birchwood Pilates Studio	11.00am-11.50am	Little Kickers - Mega Kickers	Birchwood Leisure Centre
11.45am-12.45pm	Pilates Reformer Class – Level 3-5	Birchwood Pilates Studio	10.45am-11.45am	Pilates Reformer Class – Level 4-5	Birchwood Pilates Studio	2.00pm-3.30pm	Over 60s Exercise to Music	Roe Hill Hall	10.45am-11.45am	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio				10.15am-11.15am	Pilates Reformer Class – Level 2-5	Birchwood Pilates Studio
1.30pm-3.00pm	Over 60s Exercise to Music	Roe Hill Hall	1.15pm-2.15pm	Pilates Reformer Class – Level 1-2	Birchwood Pilates Studio	4.45pm-5.45pm	Street Dance for 8-16 year olds	Roe Hill Hall	12pm-1pm	Anti & Post Natal Pilates	Birchwood Pilates Studio				11.00am-12.00pm	Hatfield Karate - Beginners	Birchwood Leisure Centre
4.00pm-5.00pm	Over 50s Exercise & Cardiac Rehab	Birchwood Leisure Centre	2.30pm-3.30pm	Pilates Reformer Class – Level 2-4	Birchwood Pilates Studio	5.00pm-6.00pm	Pilates Reformer Course	Birchwood Pilates Studio	1.15pm-2.15pm	Pilates Reformer Class – Level 1-2	Birchwood Pilates Studio				11.15am-12.15pm	Pilates Reformer Course	Birchwood Pilates Studio
6.00pm-7.00pm	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	4.00pm-8.15pm	Lea Valley Karate	Howe Dell Community Hall	6.15pm-7.15pm	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	2.00pm-4.00pm	Line Dancing	Roe Hill Hall				12.00pm-1.00pm	Hatfield Karate - Advanced	Birchwood Leisure Centre
6.00pm-7.00pm	Body Conditioning / Aerobics	Roe Hill Hall	4.45pm-5.45pm	Street Dance for 4-8 years olds	Roe Hill Hall	7.00pm-7.50pm	Jungle Conga	Lemsford Village Hall	2.00pm-3.00pm	Over 50s Exercise & Cardiac Rehab	Birchwood Leisure Centre				3.00pm-4.00pm	Saturday Soccer for 4-6 year olds	Roe Hill Hall - Outdoor 3G Pitch
6.00pm-7.00pm	Yoga	Howe Dell Community Hall	5.30pm-6.30pm	Pilates Reformer Class – Level 1-3	Birchwood Pilates Studio	7.20pm-8.20pm	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio	2.00pm-3.30pm	Positive Movement Yoga	Birchwood Leisure Centre				4.00pm-5.00pm	Saturday Soccer for 7-11 year olds	Roe Hill Hall - Outdoor 3G Pitch
7.10pm-8.10pm	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio	6.00pm-7.00pm	Aerobics	Roe Hill Hall	8.00pm-9.30pm	Yoga	Roe Hill Hall	6.00pm-7.00pm	Aerobics	Roe Hill Hall						
8.15pm-9.15pm	Pilates Reformer Class – Level 5	Birchwood Pilates Studio	6.00pm-8.00pm	No Strings Badminton	Birchwood Leisure Centre	8.00pm-10.00pm	No Strings Badminton	Birchwood Leisure Centre	6.15pm-7.15pm	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio						
			6.40pm-7.40pm	Pilates Reformer Class – Level 2-3	Birchwood Pilates Studio	8.00pm-10.00pm	Scottish Dancing	Lemsford Village Hall	6.30pm-8.00pm	Yoga	Howe Dell Community Hall						
			7.15pm-8.45pm	Yoga (term time)	Lemsford Village Hall	8.30pm-9.30pm	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio	7.20pm-8.20pm	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio						
			7.45pm-8.45pm	Pilates Reformer Class – Level 3-4	Birchwood Pilates Studio				8.30pm-9.30pm	Pilates Reformer Class – Level 5	Birchwood Pilates Studio						



T: 01707 270772
E: birchwood@hatfield-herts.gov.uk
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All classes are drop-in (no need to book) and can be paid for on the day, except those listed below:

Pilates Reformer Classes and Matwork Pilates Classes, please contact Birchwood Pilates Studio to join:
 julie.lewis@hatfield-herts.gov.uk **T: 01707 271272**

Hatfield Karate – to join, please contact:
 john@smithmyers.com **T: 07753 305534**

Little Kickers – to join, please contact:
 pstokes@littlekickers.co.uk **T: 01462 623084**