


# The Limbar Academy Timetable

## Winter 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Class</b>	<b>Beats and Bars</b>	<b>Loaded Limbar</b>	<b>Sweat Sesh</b>	<b>Loaded Limbar</b>	<b>Barbell Conditioning</b>	<b>Team Conditioning</b>	
515	✓	✓	✓	✓	✓		
600	✓	✓	✓	✓	✓		
645	✓	✓	✓	✓	✓	06:30 ✓	
730						✓	
830						✓	
930	✓ Child Friendly	Flex and Flow Child Friendly	✓ Child Friendly	✓ Child Friendly		✓	
1030		Limbar Mum's		Limbar Mum's			
1600	✓	✓	✓	16:00 ✓			
1645	✓	✓	✓	17:00 ✓			
1730	✓	✓	Flex and Flow	18:00 ✓			
1815	✓	✓	✓				

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