

STUDIO timetable

ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 SPIN	06.30 - 07.15 HIIT & ABS	06.30 - 07.15 LEVEL UP	06.30 - 07.15 HIIT & ABS	06.30 - 07.15 SPIN	09.00 - 09.45 ZUMBA	09.00 - 09.45 RUNNING CLUB
09.30 - 10.30 YOGA	09.30 - 10.30 BALANCE FLOW	09.30 - 10.30 TOTAL CIRCUIT	09.30 - 10.30 YOGA	09.30 - 10.30 CORE STABILITY	10.00 - 10.45 SPIN	10.00 - 10.45 THEME SPIN
12.15 - 12.45 CORE STABILITY	12.15 - 12.45 BARBELL	11.15 - 12.00 STRONG	12.15 - 12.45 BARBELL	12.15 - 12.45 SPIN	11.00 - 11.45 LEVEL UP	11.00 - 11.45 BOOTCAMP
18.00 - 18.45 TOTAL CIRCUIT	18.00 - 18.45 PEDAL POWER	12.15 - 12.45 BODYTONE	18.00 - 18.45 PEDAL POWER	18.00 - 18.45 BALANCE FLOW	12.00 - 13.00 MARTIAL YOGA	11.00 - 12.00 KICKBOXING
19.00 - 19.45 AFROBEAT	19.00 - 19.45 YOGA	18.00 - 18.45 CODE RED	19.00 - 19.45 THROWBACK DANCE	19.00 - 19.45 STRONG	13.15 - 14.15 JUMPING FITNESS	
20.00 - 21.00 KICKBOXING	20.00 - 21.00 NU-U SESSION	19.00 - 19.45 ZUMBA	20.00 - 21.00 KICKBOXING	20.00 - 20.45 ZUMBA		
		20.00 - 21.00 TOTAL CIRCUIT				

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