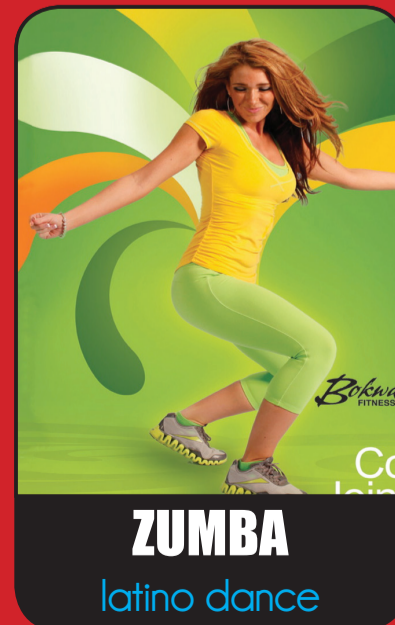




MILTON KEYNES STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING		06:15-07:00 HIGHWAY EXPRESS Steve ●		06:15-07:00 METABOLIC BLAST Sacha ●			
	07:00-07:45 SPIN & TONE Steve ●				07:00-07:45 POWER UP Gary ●		
MID-MORNING		09:30-10:15 METABOLIC BLAST Sacha ●	09:30-10:15 WEIGH IN WEDNESDAY Gary/Ant ●	09:30-10:15 BOOTYLICIOUS Gary ●	09:30-10:15 STRETCH & FLEX Ant ●	09:00 RUNNING CLUB Omarr ●	
	10:30 - 11:15 FIT FOREVER CLUB Iva ●	10:30 - 11:15 STEP YOUR STEPS Gary ●	10:30-11:15 FIT FOREVER CLUB Iva ●	10:30 - 11:15 STEP YOUR STEPS Gary ●	10:30-11:15 HEALTHY HEART Ant ●	09:30-10:15 OCR BOOTCAMP AJ ●	
LUNCH	12:15-12:45 HIIT THE DECK Iva ●	12:15-12:45 HEAT WAVE SPIN Ant ●	12:15-12:45 FAT BURN Ant ●	12:15-12:45 HEATWAVE SPIN Ant ●	12:15-12:45 HIIT:CON Ant ●		11:30 - 12:15 HARDCORE Matt ●
PM	17:30-18:15 POWER UP Gary ●	17:30 -18:15 SPIN 4 ALL Gary ●	17:30 - 18:15 HIGHWAY EXPRESS Steve ●	17:30 - 18:15 POWER UP Ant ●			17:00 - 17:45 PILATES Carly ●
	17:45-18:30 PIYO Iva ●	17:45-18:30 SCULPT & TONE Deb N ●	17:45-18:30 PIYO Iva ●	17:45 - 18:30 HIIT: CON Steve ●	17:45 - 18:30 ZUMBA Lauren ●		
		18:45-19:30 RUNNING CLUB Omarr ●	18:45-19:30 UPPER CUT AJ ●		18:45-19:30 RUNNING CLINIC Omarr ●		
	18:30-19:15 SPIN 4 ALL Gary ●	18:30-19:15 HEATWAVE SPIN Gary ●	18:30 - 19:15 WEIGH IN WEDNESDAY Louis ●	18:30 - 19:15 HEATWAVE SPIN Steve ●	18:30-19:15 KISS SPIN Louis ●		
	18:30-19:15 ZUMBA Lauren ●	18:30-19:15 AEROBICS Cameron ●	18:30-19:15 P90X Iva ●	18:30-19:15 STRETCH & FLEX Ant ●	18:30-19:15 YOGA Kelly ●		
	19:15-20:00 SCULPTURE Lauren ●	19:15-20:00 PUMP Cameron ●	19:15-20:00 PILATES Carly ●	19:30-20:15 POLE FITNESS Brittany ●			
	20:00-21:00 YOGA Kelly ●	20:15-21:00 POLE FITNESS Brittany ●					



- Holistic
- Moderate Intensity
- High Intensity
- Clubs

