



SWINDON STUDIO

FITNESS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		07:00 - 07:30 TOTAL BODY BLAST ● Laura	06:45 - 07:30 YOGA ● Casey	06:50 - 07:20 SPIN ● Darren			
	09:30 - 10:15 PUMP FX ● Laura E	09:30 - 10:15 Total Conditioning ● Laura	09:30 - 10:15 INSANITY ● Vicky	09:30 - 10:15 ZUMBA ● Vicky	09:30 - 10:15 BODY TONE ● Laura		
	10:20-11:05 YOGA ● Michelle		10:20-11:05 BALLET BODY FITNESS ● Michelle		10:20 - 11:05 YOGA ● michelle	09:30 - 10:15 KISS MY BELLS ● Louise	
LUNCH	12:00 - 12:30 KISS PRIMAL COZ ●	12:15 - 12:45 SAVA'S CIRCUITS ● Sava	12:30 - 13:00 KISS KONDITIONING ● Kiss PT	12:15 - 13:00 ZWIFT SPIN BETA ● Adam		10:20 - 11:05 PUMP ● Louise	10:00 - 11:00 ZUMBA ● Laura
PM	18:00 - 19:00 SPINEMA ● Adam	18:00 - 19:00 SPINEMA ● Adam	18:00 - 19:00 SPINEMA ● Adam	18:00 - 19:00 SPINEMA ● Sava	18:00 - 19:00 SPINEMA ● Sara	11:10 - 11:40 KISS MY ABS ● Kiss Crew	11:10 - 11:55 BODY CONDITIONING ● Kiss Crew
	18:00 - 18:45 ZUMBA ● Sam	17:25 - 18:05 TOTAL TONE ● KAT	18:00 - 18:45 ZUMBA TONING ● Sam	18:00 - 19:00 RUN CLUB ● Deon	17:20 - 18:20 YOGA ● Charlie	17:15- 18:00 ZUMBA ● Flori	
	18:45 - 19:45 YOGA ● Charlie	18:10 - 18:55 SHREDDED PUMP ● Matt G	18:50-19:35 KISS MY BELLS ● Louise	18:25 - 19:10 DANCE FIT ● Paul	18:00 - 18:45 STRONG ZUMBA ● Flori		
	19:00 - 19:45 SPIN ● Rich	19:00-19:45 TWERK & TONE ● Flori	19:00 - 19:45 SPIN ● Bex	19:15 - 20:15 SPIN ● Matt			
	19:50 - 20:35 PUMP ● Louise	19:05 - 19:50 SPIN ● Matt	19:40 - 20:25 PILATES ● Louise	19:15 - 20:00 CIRCUITS WITH LOU ● Louise			
		19:50 - 20:35 ZUMBA ● Flori	20:30 -21:15 STRONG ZUMBA ● Flori				

- Wellbeing
- Moderate Intensity
- High Intensity

