

STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		SPINSANITY 09:00 - 09:30				
		EVERY MINUTE ON THE MINUTE 09:45 - 10:15			BODYPUMP 08:00 - 09:00	BODYPUMP 08:00 - 09:00
SPINSANITY 10:30 - 11:00		K-BOX 10:30 - 11:00	PILATES 10:00 - 10:45		SPINSANITY 09:15 - 10:00	SPINSANITY 09:15 - 10:00
	HATHA YOGA 10:00 - 11:00	TOTAL BODY RESET 11:15 - 11:45	BARRE (women only) 11:00 - 11:45	TOTAL BODY RESET 11:00 - 11:45	POWER YOGA 10:00 - 11:00	
JUST PEACHY (women only) 18:00 - 18:45	LATIN BEATS 13:00 - 13:30	EX-PRESS 18:00 - 18:45	LATIN BEATS 13:00 - 13:30	TONE UP LEAN UP (women only) 18:00 - 18:45	KICK-IT 11:00 - 12:00	
HATHA YOGA 19:00 - 20:00	BOOTYCAMP (women only) 18:00 - 19:00	ZUMBA 19:00 - 20:00	CARDIO DANCE FIT 18:00 - 19:00	GO BOXING (women only) 19:00 - 20:00		
ZUMBA 20:00 - 21:00	YOGA 19:00 - 20:00	KICK-IT 20:00 - 21:00	SPINSANITY 18:00 - 18:45			
	SPINSANITY 19:00 - 19:45		BODYPUMP 19:00 - 20:00			
	BODYPUMP 20:00 - 21:00		SOUL2SOLE HEELS £3 (women only) 20:00 - 21:00			