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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
|  | BODYATTACK  06:30 - 07:15 |  |  | BODYPUMP  06:30 - 07:15 |  |  |
| K-BOX  08:30 - 9:00 | BODYWEIGHT CIRCUIT  08:30 - 09:00 | SPINSANITY  09:00 - 09:30 | EVERY MINUTE ON THE MINUTE  08:30 - 09:00 | EX-PRESS  08:45 - 09:15 |  |  |
| BODYBALANCE  09:15 - 10:15 | KILLER ABS  09:15 - 09:45 | EVERY MINUTE ON THE MINUTE  09:45 - 10:15 | JUST PEACHY  09:15 - 09:45 | BODYBALANCE  09:30 - 10:30 |  |  |
| SPINSANITY  10:30 - 11:00 | HATHA YOGA  10:00 - 11:00 | K-BOX  10:30 - 11:00 | PILATES  10:00 - 10:45 | SWEAT  10:45 - 11:15 | POWER YOGA  10:00 - 11:00 | BODYATTACK  10:00 - 11:00 |
| SWING IT  11:00 - 11:30 |  | TOTAL BODY RESET  11:15 - 11:45 |  | TOTAL BODY RESET  11:30 - 12:00 | KICK-IT  11:00 - 12:00 | BOXING WITH KNOCKOUT FITNESS  (women only)  12:00 - 13:00 |
| SWEAT  17:15 - 17:45 | LATIN BEATS  13:00 - 13:30 | KILLER ABS  17:15 - 17:45 | LATIN BEATS  13:00 - 13:30 | KILLER ABS  17:30 - 18:00 |  |  |
| BARRE  (women only)  18:00 - 18:45 | BOXING WITH KNOCKOUT FITNESS  (women only)  17:50 - 18:50 | EX-PRESS  18:00 - 18:30 | BODYATTACK  18:00 - 19:00 | JUST PEACHY  (women only)  18:15 - 18:45 |  |  |
| STRONG NATION  19:00 - 20:00 | YOGA  19:00 - 20:00 | JUMPX  £3  18:50 - 19:40 | BODYPUMP  19:00 - 20:00 | BOXING WITH KNOCKOUT FITNESS  (women only)  19:00 - 20:00 |  |  |
| ZUMBA  20:00 - 21:00 | BODYPUMP  20:00 - 21:00 | KICK-IT  20:00 - 21:00 | SOUL2SOLE HEELS  (women only)  20:00 - 21:00 |  |  |  |

 STUDIO TIMETABLE ACTON