

# STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTL BODY RESET 09:15 - 10:00	HIIT & ABS 09:15 - 10:00	EVERY MINUTE ON THE MINUTE 10:15 - 11:00	HIIT & ABS 10:00 - 10:45	PILATES 9:30 - 10:15	KISS PUMP 09:00 - 10:00	KISS PUMP 10:15 - 11:15
CIRCUIT BLAST 18:00 - 19:00	HATHA YOGA 10:00 - 11:00	PILATES 17:00 - 18:00	KISS - PUMP 18:00 - 19:00	TOTAL BODY RESET 10:45 - 11:30	SPINSANITY 09:15 - 10:00	SPINSANITY 11:30 - 12:15
SPINSANITY 18:10 - 18:55	BOOTYCAMP 18:00 - 19:00	LEGS BUMS & TUMS (women only) 18:00 - 19:00	SPINSANITY 19:00 - 19:45	TONE UP LEAN UP 18:00 - 19:00	POWER YOGA 10:00 - 11:00	BOOKING APP IPHONE 
HATHA YOGA 19:00 - 20:00	YOGA 19:00 - 20:00	ZUMBA 19:00 - 20:00	ZUMBA 20:00 - 21:00	GO BOXING (women only) 19:00 - 20:00	KICK-IT 11:00 - 12:00	
ZUMBA 20:00 - 21:00	SPINSANITY 19:00 - 19:45	KICK-IT 20:00 - 21:00				
	KISS PUMP 20:00 - 21:00					