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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
|  | BODYATTACK06:30 - 07:15 |  |  | BODYPUMP06:30 - 07:15 |  |  |
| K-BOX08:30 - 9:00 | BODYWEIGHT CIRCUIT08:30 - 09:00 | SPINSANITY09:00 - 09:30 | EVERY MINUTE ON THE MINUTE08:30 - 09:00 | EX-PRESS08:45 - 09:15 |  |  |
| BODYBALANCE09:15 - 10:15 | KILLER ABS09:15 - 09:45 | EVERY MINUTE ON THE MINUTE09:45 - 10:15 | JUST PEACHY09:15 - 09:45 | BODYBALANCE09:30 - 10:30 |  |  |
| SPINSANITY10:30 - 11:00 | HATHA YOGA10:00 - 11:00 | K-BOX10:30 - 11:00 | PILATES10:00 - 10:45 | SWEAT10:45 - 11:15 | POWER YOGA10:00 - 11:00 | BODYATTACK10:00 - 11:00 |
| SWING IT11:15 - 11:45 | LATIN BEATS13:00 - 13:30 | TOTAL BODY RESET11:15 - 11:45 | LATIN BEATS13:00 - 13:30 | TOTAL BODY RESET11:30 - 12:00 | KICK-IT11:00 - 12:00 | BOXING WITH KNOCKOUT FITNESS(women only)12:00 - 13:00 |
| SWEAT17:15 - 17:45 | SPINBLAST18:00 – 18:30 | KILLER ABS17:15 - 17:45 | SPINBLAST18:00 – 18:30 | KILLER ABS17:30 - 18:00 |  |  |
| BARRE(women only)18:00 - 18:45 | BOXING WITH KNOCKOUT FITNESS (women only)17:50 - 18:50 | EX-PRESS18:00 - 18:30 | FITNESS DANCE FUSION18:00 - 19:00 | JUST PEACHY(women only)18:15 - 18:45 |  |  |
| HATHA YOGA19:00 - 20:00 | YOGA19:00 - 20:00 | ZUMBA19:00 - 20:00 | BODYPUMP19:00 - 20:00 | BOXING WITH KNOCKOUT FITNESS(women only)19:00 - 20:00 |  |  |
| ZUMBA20:00 - 21:00 | BODYPUMP20:00 - 21:00 | KICK-IT20:00 - 21:00 | SOUL2SOLE HEELS(women only)20:00 - 21:00 |  |  |  |

STUDIO TIMETABLE ACTON