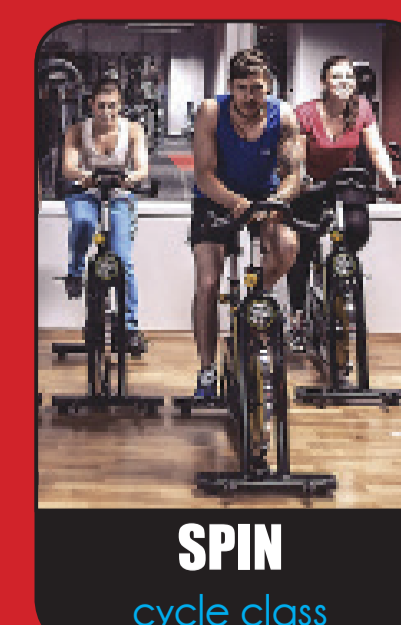




MILTON KEYNES STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		06:15-07:00 HIGHWAY EXPRESS Steve		06:15-07:00 METABOLIC BLAST Sacha			
	07:00-07:45 SPIN & TONE Steve		07:00-07:45 ANYTHING GOES Lawrie	07:00-07:45 TOUR MK Gary		08:00-09:00 TABATA Sacha £4	
		09:30-10:15 METABOLIC BLAST Sacha	09:30-10:15 SCULPTURE Lauren	09:30-10:15 STRONG IS SEXY Iva			
LUNCH	12:15-12:45 HIIT THE DECK Iva	12:15-12:45 FAT BURN SPIN Ant	12:15-12:45 STRETCH & FLEX Ant	12:15-12:45 HEATWAVE SPIN Ant	12:15-12:45 METCON Ant	11:00 - 11:45 KISS MY ABS	11:00 - 11:45 FRAME BANDITS
						15:30-16:45 HANG TOUGH	15:30-16:45 ANYTHING GOES
PM	17:30-18:15 BIKE TO THE BEAT Lawrie	17:30 - 18:15 HEATWAVE SPIN Gary	17:30 - 18:15 HIGHWAY EXPRESS Steve	17:30 - 18:15 BIKE TO THE BEAT Lawrie			
	17:45-18:30 PIYO Iva	17:45-18:30 GET DOWN Stewart	17:45-18:30 PIYO Iva	17:45 - 18:30 MUSCLES IN MOTION Debs	17:45 - 18:30 ZUMBA Lauren		
	18:30-19:15 TOUR MK Gary	18:30-19:15 TOUR MK Gary	18:30 - 19:15 HIGHWAY EXPRESS Steve	18:30 - 19:15 HEATWAVE SPIN Ant	18:30-19:15 KISS SPIN Louis		
	18:30-19:15 ZUMBA Lauren	18:30-19:15 FIT FOR THE FIGHT Stewart	18:30-19:15 STRONG IS SEXY Iva	18:30-19:15 ULTIMATE WORK Reggie	18:30-19:15 YOGA John		
	19:15-20:00 SCULPTURE Lauren	19:15-20:00 PUMP Cameron	19:15-20:00 AJ'S BOOTCAMP AJ	19:30-20:15 POLE FITNESS Britney			
	20:00-21:00 YOGA John	20:15-21:00 POLE FITNESS Britney					



KISS
GYMS.com
HIGH SPEC | LOW PRICE