

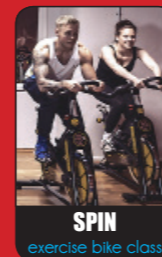
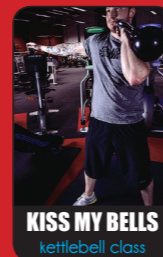
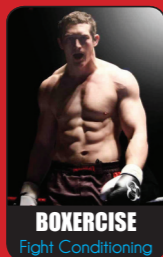


SWINDON STUDIO

FITNESS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		07:00 - 07:30 TOTAL BODY BLAST Laura ●	06:45 - 07:30 YOGA Casey ●	07:00 - 07:30 SPIN Laura B ●			
	09:15 - 10:15 PUMP Louise ●	09:30 - 10:15 Total Conditioning Laura ●			09:30 - 10:00 BODY TONE Laura ●		
	10:20-11:05 YOGA Michelle ●		10:20-11:05 BARRE FITNESS Michelle ●		10:20 - 11:05 YOGA michelle ●	09:30 - 10:15 KISS MY BELLS Louise ●	
LUNCH	12:00 - 12:30 KISS PRIMAL COZ ●		12:30 - 13:00 KISS KONDITIONING Kiss PT ●	12:30 - 13:00 KISS MY BELLS Adam ●		10:20 - 11:05 PUMP Louise ●	10:00 - 11:00 ZUMBA Laura ●
PM		17:25 - 18:05 TOTAL TONE KAT ●	17:25 - 17:55 META FIT Nicola ●			11:10 - 11:40 KISS MY ABS Kiss Crew ●	11:10 - 11:55 BODY CONDITIONING Weronika ●
	18:00 - 18:45 ZUMBA Sam ●	18:10 - 18:55 KETTLERCISE Matt G ●	18:00 - 18:45 ZUMBA TONING Sam ●	18:00 - 19:00 RUN CLUB Deon ●	17:20 - 18:20 YOGA Charlie ●	17:15- 18:00 ZUMBA Flori ●	
	18:45 - 19:45 YOGA Charlie ●	19:00-19:45 TWERK & TONE Flori ●	18:50-19:35 KISS MY BELLS Louise ●		18:25 - 19:10 DANCE FIT Paul ●	18:00 - 18:45 BODY CONDITIONING Kiss PT ●	
	19:00 - 19:45 SPIN Rich ●	19:05 - 19:50 SPIN Matt ●	19:00 - 19:45 SPIN Filipe ●		19:15 - 20:15 SPIN Matt ●		
	19:50 - 20:35 PUMP Louise ●	19:50 - 20:35 ZUMBA Flori ●	19:40 - 20:25 PILATES Louise ●		19:15 - 20:00 CIRCUITS WITH LOU Louise ●		
			20:30 -21:15 STRONG ZUMBA Flori ●				

- Wellbeing
- Moderate Intensity
- High Intensity



KISS GYMS.com
HIGH SPEC | LOW PRICE