



MILTON KEYNES STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	07:00 - 07:45 SPIN 4 ALL Ant ●	07:00 - 07:45 MET CON Ant ●	07:00 - 07:45 BODY CONDITIONING Lauren ●	07:00 - 07:45 CORE BLAST Gary ●	07:00-07:45 POWER UP Gary ●		
MID-MORNING		09:30-10:15 METBLAST Sacha ●	09:30-10:15 SPIN 4 ALL Ant ●	09:30-10:15 MET BLAST Sacha ●			
	10:30 - 11:15 WOMEN & WEIGHTS Iva ●		10:30-11:15 WOMEN & WEIGHTS Iva ●		10:30 - 11:15 CORE BLAST Gary ●		
LUNCH	12:15-12:45 50/50 Iva ●	12:15-12:45 HEATWAVE SPIN Gary ●		12:15-12:45 SPIN 4 ALL Gary ●	12:15-12:45 X FIT BOOTCAMP Ant ●	11:30 -12:15 BARBELL EXPRESS Kiss Crew ●	11:30 -12:15 CORE BLAST Kiss Crew ●
PM	17:45-18:30 POWER UP SPIN Gary ●	17:45 -18:15 CORE BLAST Louis ●	17:45 -18:30 POWER UP SPIN Gary ●	18:00 - 18:45 STEP UP Shelly ●	17:45 - 18:30 SPIN 2 BEGIN Louis ●	16:30 - 17:00 LEGS BUMS & TUMS Kiss Crew ●	16:30 - 17:00 RIG CIRCUIT Kiss Crew ●
	18:00-18:45 ZUMBA Lauren ●	18:30-19:00 SPIN 4 ALL Louis ●	17:45 -18:30 PUMP Cameron ●	18:30-19:00 SPIN 4 ALL Ant ●	18:30-19:00 BODYWEIGHT TONE Omarr ●		
	18:45 -19:30 HEATWAVE SPIN Gary ●	19:45 -20:30 RIG CIRCUIT Omar ●	18:45 -19:15 HIIT Gary ●	19:00 -19:45 Yoga Andrea ●	19:00 -19:45 ELDOA Louis ●		
	18:45-19:30 BODY CONDITIONING Lauren ●	20:00-21:00 POLE FITNESS Brittnay	19:30 -20:00 SPRINT SPIN Gary ●				
	19:45-20:30 BOX FIT Stuart ●						



- Holistic
- Moderate Intensity
- High Intensity

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