





STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPINSANITY 10:30 - 11:00	HATHA YOGA 10:00 - 11:00	SPINSANITY 09:00 - 09:30	PILATES 10:00 - 10:45	TOTAL BODY RESET 11:00 - 11:45	BODYPUMP 08:00 - 09:00	BODYPUMP 10:15 - 11:15
JUST PEACHY (women only) 18:00 - 19:00	LATIN BEATS 13:00 - 13:30	EVERY MINUTE ON THE MINUTE 09:45 - 10:15	BARRE (women only) 11:00 - 11:45	TONE UP LEAN UP (women only) 18:00 - 19:00	SPINSANITY 09:15 - 10:00	SPINSANITY 11:30 - 12:15
HATHA YOGA 19:00 - 20:00	BOOTYCAMP (women only) 18:00 - 19:00	K-BOX 10:30 - 11:00	LATIN BEATS 13:00 - 13:30	GO BOXING (women only) 19:00 - 20:00	POWER YOGA 10:00 - 11:00	
ZUMBA 20:00 - 21:00	YOGA 19:00 - 20:00	TOTAL BODY RESET 11:15 - 11:45	CARDIO DANCE FIT 18:00 - 19:00		KICK-IT 11:00 - 12:00	
	SPINSANITY 19:00 - 19:45	BOOTYCAMP (women only) 18:00 - 19:00	SPINSANITY 18:00 - 18:45			
	BODYPUMP 20:00 - 21:00	ZUMBA 19:00 - 20:00	BODYPUMP 19:00 - 20:00	BOOKING APP IPHONE 	BOOKING APP ANDROID 	
		KICK-IT 20:00 - 21:00	SOUL2SOLE HEELS £3 (women only) 20:00 - 21:00	