



STUDIO TIMETABLE ACTON

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