

# STUDIO TIMETABLE

Milton Keynes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Super Sets</b> 07:00 - 07:30	<b>Body Conditioning</b> 07:00 - 07:45	<b>Tabata</b> 07:00 - 07:30	<b>Coach by Colour Spin</b> 07:00 - 07:45		
	<b>Bootylicious</b> 09:30 - 10:15					
<b>Women &amp; Weights</b> (Ladies Only) 10:30 - 11:15	<b>Heatwave Spin</b> 12:15 - 12:45	<b>Women &amp; Weights</b> (Ladies Only) 10:30 - 11:15	<b>The Gun Show</b> 09:30 - 10:15		<b>Box Fit</b> 11:30 - 12:15	<b>Core Blast</b> 11:30 - 12:15
<b>50/50</b> 12:15 - 12:45	<b>Learn to Lift</b> 13:30 - 13:45		<b>Spin4All</b> 12:15 - 12:45	<b>X-Fit Bootcamp</b> 12:15 - 12:45	<b>Power Lifting Club</b> (women only) 10:00 - 12:00	
<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>
<b>Power Up Spin</b> 17:45 - 18:30	<b>Body Pump</b> 18:30 - 19:15	<b>Coach By Colour Spin</b> 17:45 - 18:30	<b>Body Pump</b> 18:00 - 18:45	<b>Spin2begin</b> 17:45 - 18:15	<b>Legs, Bums &amp; Tums</b> 16:30 - 17:00	<b>Rig Circuit</b> 16:30 - 17:00
<b>Zumba</b> 18:00 - 18:45	<b>Spin4All</b> 18:30 - 19:00	<b>Body Combat</b> 18:00-18:45	<b>Learn to Lift</b> 18:30-19:15	<b>Body Combat</b> 18:00 - 18:45		
<b>HiIT Conditioning</b> 18:45 - 19:30	<b>Body Balance</b> 19:15 - 20:00	<b>Spin4All</b> 18:30 - 19:00	<b>Yoga</b> 18:45 - 19:30	<b>Eldoa</b> 19:00 - 19:45		
<b>Heatwave Spin</b> 18:45 - 19:30	<b>Pole Fitness</b> Intermediate 20:15 - 21:00	<b>Body Pump</b> 18:45 - 19:30	<b>Pole Fitness</b> Beginners 20:15 - 21:00			
<b>Box Fit</b> 19:45 - 20:30						