

STUDIO TIMETABLE Swindon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LESMILLS BODYBALANCE 09:45 - 10:30			LESMILLS BODYPUMP 09:45 - 10:30		WOD 10:00 - 10:45	KISS MY ABS 10:00 - 10:45
						BOXING 11:00-12:00
	TABATA 12:30 - 13:00	WOD 12:30 - 13:00	CIRCUITS 12:30 - 13:00		KETTLEBELLS 13:00 - 13:30	
KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS
YOGA 18:00 - 18:45	LES MILLS BODYBALANCE 18:00 - 18.45	WOD 17:45 - 18:30	LES MILLS BODYBALANCE 17:00 - 17:45	BOXING 17:45 - 18:45		
LES MILLS BODYCOMBAT 19:00 - 19:45	ZUMBA 19:00 - 19:45	POWERSTEP 19:00 - 20:00	ZUMBA 18:00 - 18:45	BOOTYLICIOUS 19:00 - 19:45		
SPIN 19:00 - 19:30	WOD 19:00 - 19:30	SPIN 19:00 - 19:30	WOD 19:00 - 19:30			