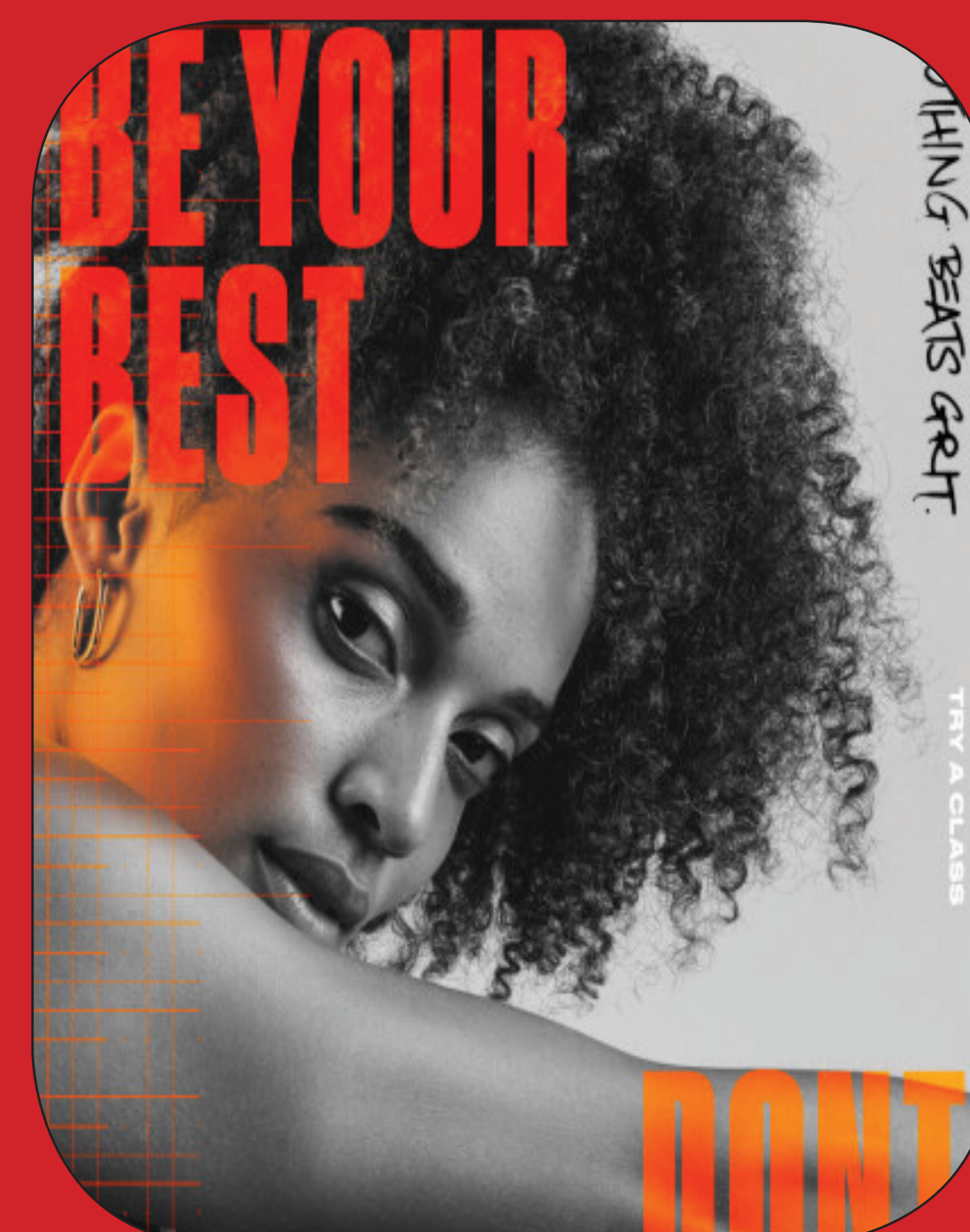




# MILTON KEYNES STUDIO

|             | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|-------------|--|--|---|--|---|---|--|
|             | 07:00 - 07:45<br><b>SPIN 4 ALL</b><br>Ant ●          | 06:30 - 07:15<br><b>BODY PUMP</b><br>Jamie ●               | 07:00 - 07:45<br><b>BODY CONDITIONING</b><br>Lauren ● | 06:30-07:15<br><b>INSANITY</b><br>Shelly ●       | 07:00-07:45<br><b>POWER UP</b><br>Gary ●        |   |  |
| MID-MORNING |  | 09:30-10:15<br><b>BOOTYLICIOUS</b><br>Sacha ●              |   | 09:30-10:15<br><b>THE GUN SHOW</b><br>Sacha ●    |   | 10:00 -12:00<br><b>POWER LIFTING CLUB</b><br>Omarr ●        | 11:30 -12:15<br><b>CORE BLAST</b><br>Kiss Crew ●   |
|             | 10:30 - 11:15<br><b>WOMEN &amp; WEIGHTS</b><br>Iva ● |  | 10:30-11:15<br><b>WOMEN &amp; WEIGHTS</b><br>Iva ●    |  | 10:30 - 11:15<br><b>CORE BLAST</b><br>Gary ●    | 11:30 -12:15<br><b>BOX FIT</b><br>Stuart ●                  |  |
| LUNCH       | 12:15-12:45<br><b>50/50</b><br>Iva ●                 | 12:15-12:45<br><b>HEATWAVE SPIN</b><br>Gary ●              |   | 12:15-12:45<br><b>SPIN 4 ALL</b><br>Gary ●       | 12:15-12:45<br><b>X FIT BOOTCAMP</b><br>Ant ●   |   |  |
| PM          | 17:45-18:30<br><b>POWER UP SPIN</b><br>Gary ●        | 18:30-19:15<br><b>BODY PUMP</b><br>Nikki ●                 | 17:45 -18:30<br><b>POWER UP SPIN</b><br>Gary ●        | 18:00 - 18:45<br><b>BODY PUMP</b><br>Jamie ●     | 17:45 - 18:30<br><b>SPIN 2 BEGIN</b><br>Louis ● | 16:30 - 17:00<br><b>LEGS BUMS &amp; TUMS</b><br>Kiss Crew ● | 16:30 - 17:00<br><b>RIG CIRCUIT</b><br>Kiss Crew ● |
|             | 18:00-18:45<br><b>ZUMBA</b><br>Lauren ●              | 18:30-19:00<br><b>SPIN 4 ALL</b><br>Louis ●                | 17:45 -18:30<br><b>BODY PUMP</b><br>Cameron ●         | 18:30-19:00<br><b>SPIN 4 ALL</b><br>Ant ●        |   |   |  |
|             | 18:45 -19:30<br><b>HEATWAVE SPIN</b><br>Gary ●       | 19:15 -20:00<br><b>BODY BALANCE</b><br>Nikki ●             | 18:30 -19:00<br><b>SPIN EXPRESS</b><br>Gary ●         | 18:45 -19:30<br><b>Yoga</b><br>Andrea ●          | 19:00 -19:45<br><b>ELDOA</b><br>Louis ●         |   |  |
|             | 18:45-19:30<br><b>BODY CONDITIONING</b><br>Lauren ●  | 20:00-21:00<br><b>POLE FITNESS BEGINNERS</b><br>Brittnay ● | 18:45 -19:45<br><b>BODY COMBAT</b><br>Steve ●         | 20:00-21:00<br><b>POLE FITNESS</b><br>Brittnay ● |   |   |  |
|             | 19:45-20:30<br><b>BOX FIT</b><br>Stuart ●            |  |   |  |   |   |  |



# LES MILLS

- Holistic
- Moderate Intensity
- High Intensity

