

STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT & ABS 09:45 - 10:15	TOTAL BODY RESET 09:15 - 09:45	HIIT & ABS 09:45 - 10:15	TOTAL BODY RESET 09:15 - 09:45	HIT & ABS 10:15 - 10:45	KISS-PUMP 09:00 - 10:00	KISS-PUMP 10:15 - 11:15
TOTAL BODY RESET 10:30 - 11:00	HATHA YOGA 10:00 - 11:00	EVERY MINUTE ON THE MINUTE 10:30 - 11:00	HIIT & ABS 10:00 - 10:30	TOTAL BODY RESET 11:00 - 11:30	SPINSANITY 09:15 - 10:00	SPINSANITY 11:30 - 12:15
JUST PEACHY (women only) 18:00 - 19:00	LATIN BEATS 13:00 - 13:30	LEGS BUMS & TUMS 18:00 - 19:00	LATIN BEATS 13:00 - 13:30	TONE UP LEAN UP (women only) 18:00 - 19:00	POWER YOGA 10:00 - 11:00	BOOKING APP IPHONE 
SPINSANITY 18:10 - 18:55	BOOTYCAMP (women only) 18:00 - 19:00	ZUMBA 19:00 - 20:00	CARDIO DANCE FIT 18:00 - 19:00	GO BOXING (women only) 19:00 - 20:00	KICK-IT 11:00 - 12:00	
HATHA YOGA 19:00 - 20:00	YOGA 19:00 - 20:00	KICK-IT 20:00 - 21:00	SPINSANITY 19:00 - 19:45			BOOKING APP ANDROID 
ZUMBA 20:00 - 21:00	SPINSANITY 19:00 - 19:45		KISS-PUMP 19:00 - 20:00			
	KISS-PUMP 20:00 - 21:00					