



# SWINDON STUDIO

## FITNESS CLASS TIMETABLE

|       | MONDAY   | TUESDAY                               | WEDNESDAY                           | THURSDAY  | FRIDAY  | SATURDAY                             | SUNDAY                                |
|-------|--|---------------------------------------|-------------------------------------|---|---|--------------------------------------|---------------------------------------|
| AM    | 09:30 - 10:15<br>£ ALL-BODY HIIT £<br>Frank & Vick ● |                                       | 09:30 - 10:15<br>CIRCUITS<br>Sava ● | 09:30 - 10:15<br>£ LEGS BUMS & TUMS £<br>Frank & Vick ● | 09:00 - 09:30<br>GYMNASTIC CONDITIONING<br>Adam ● | 10:00 - 10:45<br>PUMP<br>Sam ●       | 10:00 - 10:45<br>KISS MY ABS<br>Sam ● |
|       |  |                                       |                                     |   |   | 11:00 - 11:45<br>BOXING<br>Piotr ●   | 11:00 - 11:45<br>BOXING<br>Piotr ●    |
| LUNCH | 13:30 - 14:00<br>KETTLEBELLS<br>Adam ●               | 13:30 - 14:00<br>HIIT<br>Sava ●       | 13:30 - 14:00<br>SPIN<br>Adam ●     | 13:30 - 14:00<br>FUNCTIONAL MOBILITY<br>Sava ●          | 13:00 - 13:45<br>PUMP<br>Lucia ●                  | 13:00 - 13:45<br>CIRCUITS<br>Lucia ● |                                       |
|       |  |                                       |                                     |   | 13:30 - 14:00<br>SPIN<br>Adam ●                   |                                      |                                       |
| PM    | 18:00 - 18:45<br>£ YOGA £<br>Sneki ●                 | 19:00 - 20:00<br>£ ZUMBA £<br>Flori ● |                                     |   | 18:00 - 18:45<br>BOXING<br>Piotr ●                |                                      |                                       |
|       | 19:00 - 19:45<br>BOOTYLICIOUS<br>Lucia ●             |                                       |                                     | 20:00 - 20:45<br>£ ZUMBA £<br>Flori ●                   |   |                                      |                                       |
|       |  |                                       |                                     |   |   |                                      |                                       |

£ Paid

● Wellbeing

● Moderate Intensity

● High Intensity

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