

STUDIO TIMETABLE Swindon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				HIGH INTENSITY INTERVALS 09:30-10:00	POWER STEP (beginners) 10:30-11:15	SWEAT with SAM 09:45-10:30
					LES MILLS BODYPUMP 11:30-12:15	BOXING 11:00-12:00
	HIIT 12:30 - 13:00	SPIN with SHANDA 12:30 - 13:00	HIIT 12:30 - 13:00		STRETCH & TONE 12:30 - 13:00	FITNESS ROCKS with Shanda Start date: 5th March (£5) 13:00 - 14:00
KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS	KISS GYMS
ZUMBA 18:00 - 18:45	LES MILLS BODYBALANCE 18:00 - 18.45	POWERSTEP 18:00 - 18:45	LES MILLS BODYBALANCE 17:00 - 17:45	ABS & THIGHS 16:45-17:15	WEEKEND SWEAT with Shanda Start date: 4th March (£5) 14:00 - 15:00	
LES MILLS BODYCOMBAT 19:00 - 19:45	ZUMBA 19:00 - 19:45	LES MILLS BODYPUMP 19:00-19:45	ZUMBA 18:00 - 18:45	BOXING 17:45 - 18:45		
SPIN with DREW 19:00 - 19:30	WOD 19:00 - 19:30	SPIN with COZ 19:00 - 19:30	WOD 19:00 - 19:30	BOOTYLICIOUS 19:00 - 19:45		
			LES MILLS BODYPUMP 19:00-19:45			