

STUDIO TIMETABLE

ACTON



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BODYATTACK 06:30-07:15			BODYPUMP 06:30-07:15		
K-BOX 08:45-9:15	SWING IT 09:00-09:30	SPINSANITY 09:00-09:30	EVERY MINUTE ON THE MINUTE 09:00-09:30	EX-PRESS 09:00-09:30		
BODYBALANCE 09:15-10:15	KILLER ABS 09:30 - 10:00	EVERY MINUTE ON THE MINUTE 09:30-10:00	JUST PEACHY 09:30-10:00	BODYBALANCE 09:30-10:30		
SPINSANITY 10:30-11:00	HATHA YOGA 10:00-11:00	K-BOX 10:00 - 10:30	PILATES 10:00-10:45	SWEAT 10:30 - 11:00	POWER YOGA 10:00 - 11:00	BODYATTACK 10:00 - 11:00
SWING IT 11:00-11:30		TOTAL BODY RESET 11:00-11:30		TOTAL BODY RESET 11:00-11:30	KICK-IT 11:00-12:00	BOXING WITH KNOCKOUT FITNESS (women only) 12:00 - 13.00
SWEAT 17:30-18:00	LATIN BEATS 13:00 - 13:30	KILLER ABS 17:30-18:00	LATIN BEATS 13:00 - 13:30	KILLER ABS 17:30-18:00		
BARRE (women only) 18:00-18:45	COREFIT X BOOTCAMP 18:00-18:45	EX-PRESS 18:00-18:30	BODYATTACK 18:00-19:00	JUST PEACHY (women only) 18:00-18:30		
STRONG NATION 19:00-20:00	YOGA 19:00-20:00	JUMPX &3 18:50-19:40	SOUL2SOLE HEELS (women only) 19:00-20:00	BOXING WITH KNOCKOUT FITNESS (women only) 19:00-20:00		
ZUMBA 20:00-21:00	BODYPUMP 20:00-21:00	KICK-IT 20:00-21:00	BODYPUMP 20:00-21:00			