


# STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPINSANITY</b> 10:30 - 11:00	<b>HATHA YOGA</b> 10:00 - 11:00	<b>SPINSANITY</b> 09:00 - 09:30	<b>PILATES</b> 10:00 - 10:45	<b>TOTAL BODY RESET</b> 11:00 - 11:45	<b>BODYPUMP</b> 08:00 - 09:00	<b>BODYPUMP</b> 10:15 - 11:15
<b>JUST PEACHY (women only)</b> 18:00 - 19:00	<b>LATIN BEATS</b> 13:00 - 13:30	<b>EVERY MINUTE ON THE MINUTE</b> 09:45 - 10:15	<b>BARRE (women only)</b> 11:00 - 11:45	<b>TONE UP LEAN UP (women only)</b> 18:00 - 19:00	<b>SPINSANITY</b> 09:15 - 10:00	<b>SPINSANITY</b> 11:30 - 12:15
<b>HATHA YOGA</b> 19:00 - 20:00	<b>BOOTYCAMP (women only)</b> 18:00 - 19:00	<b>K-BOX</b> 10:30 - 11:00	<b>LATIN BEATS</b> 13:00 - 13:30	<b>GO BOXING (women only)</b> 19:00 - 20:00	<b>POWER YOGA</b> 10:00 - 11:00	
<b>ZUMBA</b> 20:00 - 21:00	<b>YOGA</b> 19:00 - 20:00		<b>CARDIO DANCE FIT</b> 18:00 - 19:00		<b>KICK-IT</b> 11:00 - 12:00	
	<b>SPINSANITY</b> 19:00 - 19:45	<b>BOOTYCAMP (women only)</b> 18:00 - 19:00	<b>SPINSANITY</b> 18:00 - 18:45			
	<b>BODYPUMP</b> 20:00 - 21:00	<b>ZUMBA</b> 19:00 - 20:00	<b>BODYPUMP</b> 19:00 - 20:00	<b>BOOKING APP IPHONE</b>	<b>BOOKING APP ANDROID</b>	
		<b>KICK-IT</b> 20:00 - 21:00		