

# STUDIO TIMETABLE Swindon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				HIGH INTENSITY INTERVALS 09:30-10:00	JUST DANCE (COMING SOON)	SWEAT with SAM 09:45-10:30
CIRCUITS 10:15-10:45					LES MILLS BODYPUMP 11:30-12:15	BOXING 11:00-12:00
	FAT BLASTER 12:30 - 13:00	SPIN with SHANDA 12:30 - 13:00	FAT BLASTER 12:30 - 13:00	KISS MY ABS 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	BOXING 17:45 - 18:45	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	BOOTYLICIOUS 19:00 - 19:45		
SPIN with DREW 19:00 - 19:30	WOD 19:00 - 19:30	ONLINE SPIN (beginner) 19:00 - 19:30	WOD 19:00 - 19:30			
			LES MILLS BODYPUMP 19:00-19:45			