



STUDIO TIMETABLE ACTON

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|------------------------------------|---|
| TOTAL BODY RESET 10:15 - 11:00 | HIIT & ABS 09:15 - 10:00 | EVERY MINUTE ON THE MINUTE 10:15 - 11:00 | HIIT & ABS 10:00 - 10:45 | TOTAL BODY RESET 10:45 - 11:30 | KISS-PUMP 09:00 - 10:00 | KISS-PUMP 10:15 - 11:15 |
| JUST PEACHY (women only) 18:00 - 19:00 | HATHA YOGA 10:00 - 11:00 | LEGS BUMS & TUMS 18:00 - 19:00 | LATIN BEATS 13:00 - 13:30 | TONE UP LEAN UP (women only) 18:00 - 19:00 | SPINSANITY 09:15 - 10:00 | SPINSANITY 11:30 - 12:15 |
| SPINSANITY 18:10 - 18:55 | LATIN BEATS 13:00 - 13:30 | ZUMBA 19:00 - 20:00 | CARDIO DANCE FIT 18:00 - 19:00 | GO BOXING (women only) 19:00 - 20:00 | POWER YOGA 10:00 - 11:00 | BOOKING APP IPHONE  |
| HATHA YOGA 19:00 - 20:00 | BOOTYCAMP (women only) 18:00 - 19:00 | KICK-IT 20:00 - 21:00 | SPINSANITY 19:00 - 19:45 | | KICK-IT 11:00 - 12:00 | |
| ZUMBA 20:00 - 21:00 | YOGA 19:00 - 20:00 | | KISS-PUMP 19:00 - 20:00 | | | BOOKING APP ANDROID  |
| | SPINSANITY 19:00 - 19:45 | | | | | |
| | KISS-PUMP 20:00 - 21:00 | | | | | |