

# STUDIO TIMETABLE

Milton Keynes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin4All 07:00 - 07:45	Super Sets 07:00 - 07:30	Body Conditioning 07:00 - 07:45	Tabata 07:00 - 07:30	Coach by Colour Spin 07:00 - 07:45		
Women & Weights (Ladies Only) 10:30 - 11:15	Bootylicious 09:30 - 10:15	Women & Weights (Ladies Only) 10:30 - 11:15	The Gun Show 09:30 - 10:15	Core Blast 10:30 - 11:15	Box Fit 11:30 - 12:15	Core Blast 11:30 - 12:15
50/50 12:15 - 12:45	Heatwave Spin 12:15 - 12:45		Spin4All 12:15 - 12:45	X-Fit Bootcamp 12:15 - 12:45	Power Lifting Club (women only) 10:00 - 12:00	
<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>	<b>KISS GYMS</b>
Power Up Spin 17:45 - 18:30	Body Pump 18:30 - 19:15	Coach By Colour Spin 17:45 - 18:30	Body Pump 18:00 - 18:45	Spin4All 17:45 - 18:15	Legs, Bums & Tums 16:30 - 17:00	Rig Circuit 16:30 - 17:00
Zumba 18:00 - 18:45	Spin4All 18:30 - 19:00	Body Pump 17:45 - 18:30	Spin4All 18:30 - 19:00	Eldoa 19:00 - 19:45		
Body Conditioning 18:45 - 19:30	Body Balance 19:15 - 20:00	Spin4All 18:30 - 19:00	Yoga 18:45 - 19:30	Coming Soon! Body Combat		
Heatwave Spin 18:45 - 19:30	<b>KISS GYMS</b>	Body Combat 18:45 - 19:30	Pole Flow Workshop Beginners 20:15 - 21:00			
Box Fit 19:45 - 20:30						