

STUDIO TIMETABLE ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HATHA YOGA 07:15 - 08:15	SPINSANITY 09:00 - 09:30	EVERY MINUTE ON THE MINUTE 08:30 - 09:00	EX-PRESS 08:45 - 09:15		
BODYBALANCE 09:15 - 10:15	BODYWEIGHT CIRCUIT 08:30 - 09:00	EVERY MINUTE ON THE MINUTE 09:45 - 10:15	JUST PEACHY 09:15 - 09:45		BODYATTACK 09:00 - 10:00	BODYBALANCE 09:00 - 10:00
SPINSANITY 10:30 - 11:00	KILLER ABS 09:15 - 09:45	K-BOX 10:30 - 11:00	PILATES 10:00 - 10:45		POWER YOGA 10:00 - 11:00	BODYATTACK 10:00 - 11:00
ABS-XPRESS 11:15 - 11:45	LATIN BEATS 13:00 - 13:30	TOTAL BODY RESET 11:15 - 11:45	BARRE (women only) 11:00 - 11:45	TOTAL BODY RESET 11:00 - 11:45	KICK-IT 11:00 - 12:00	BODYPUMP 11:00 - 12:00
JUST PEACHY (women only) 18:00 - 18:45	BOOTYCAMP (women only) 18:00 - 19:00	EX-PRESS 18:00 - 18:45	LATIN BEATS 13:00 - 13:30	LEGS BUMS & TUMS (women only) 18:00 - 18:45		KICK-IT 14:30 - 15:30
HATHA YOGA 19:00 - 20:00	YOGA 19:00 - 20:00	ZUMBA 19:00 - 20:00	CARDIO DANCE FIT 18:00 - 19:00	GO BOXING (women only) 19:00 - 20:00		
SWEATERGY® Dance Fitness 20:00 - 21:00	BODYPUMP 20:00 - 21:00	KICK-IT 20:00 - 21:00	BODYPUMP 19:00 - 20:00			
			SOUL2SOLE HEELS (women only) 20:00 - 21:00			