

STUDIO TIMETABLE ACTON

| MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY | | | | | | |
|--|---|--|---|---|---|---|
| TOTAL BODY RESET 09:15 - 10:00 | HIIT & ABS 09:15 - 10:00 | EVERY MINUTE ON THE MINUTE 10:15 - 11:00 | HIIT & ABS 10:00 - 10:45 | PILATES 09:30 - 10:15 | KISS-PUMP 09:00 - 10:00 | KISS-PUMP 10:15 - 11:15 |
| CIRCUIT BLAST 18:00 - 19:00 | HATHA YOGA 10:00 - 11:00 | PILATES 17:00 - 17:45 | LATIN BEATS 13:00 - 13:30 | TOTAL BODY RESET 10:45 - 11:30 | SPINSANITY 09:15 - 10:00 | SPINSANITY 11:30 - 12:15 |
| SPINSANITY 18:10 - 18:55 | LATIN BEATS 13:00 - 13:30 | LEGS BUMS & TUMS (women only) 18:00 - 19:00 | KISS-PUMP 18:00 - 19:00 | TONE UP LEAN UP 18:00 - 19:00 | POWER YOGA 10:00 - 11:00 | BOOKING APP IPHONE  |
| HATHA YOGA 19:00 - 20:00 | BOOTYCAMP 18:00 - 19:00 | ZUMBA 19:00 - 20:00 | SPINSANITY 19:00 - 19:45 | GO BOXING (women only) 19:00 - 20:00 | KICK-IT 11:00 - 12:00 | BOOKING APP ANDROID  |
| ZUMBA 20:00 - 21:00 | YOGA 19:00 - 20:00 | KICK-IT 20:00 - 21:00 | ZUMBA 20:00 - 21:00 | | | |
| | SPINSANITY 19:00 - 19:45 | | | | | |
| | KISS-PUMP 20:00 - 21:00 | | | | | |