

## TEMPORARY DECEMBER TIMETABLE

8<sup>th</sup> December 2025 - 4<sup>th</sup> January 2026 All information [www.intershapesstudios.co.uk](http://www.intershapesstudios.co.uk)



<b>MONDAY</b>	9.30 - 10.00 Pump & Tone	10.10 - 10.45 Spin 35	10.55 - 11.55 Yogalates	17.45 - 18.25 Step 40	18.35 - 19.05 Pump tone 30	
<b>TUESDAY</b>	9.30 - 10.05 Spin 35	10.15 - 11.15 Power Pilates	11.20 Coffee morning			
<b>WEDNESDAY</b>	9.30 - 10.30 Mash up	10.40 - 11.40 Yogalates		18.00 - 18.40 Box2beat		
<b>THURSDAY</b>	9.30 - 10.10 Step 2 the beat	10.20 - 10.50 Arms/Abs blast		17.30 - 18.00 Pump	18.10 - 18.45 Spin 35	
<b>FRIDAY</b>	9.30 - 10.05 Spin 35	10.15 - 11.15 Pure Pilates		<p><u>Closed</u> - 24<sup>th</sup> (pm) to 27<sup>th</sup> December  <u>Open</u> - Sunday 28<sup>th</sup> to Wednesday 31<sup>st</sup> (am)  <u>Closed</u> - 1<sup>st</sup> to 3<sup>rd</sup> January  <u>Open</u> - from Sunday 4<sup>th</sup> January</p> <p>ONLINE CLASSES AVAILABLE 24/7</p>		
<b>SATURDAY</b>	9.30 - 10.30 Mash up					
<b>SUNDAY</b>	9.30 - 10.05 Spin 35	10.15 - 10.45 Pump & Tone				