

AUTUMN TIMETABLE 2024

-STUDIO WEEKLY AND MONTHLY ONLINE
 -MUST BE BOOKED – TIME CHANGE HIGHLIGHTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AM	AM	AM	AM	AM	AM
Pump & Tone 9.30 – 10.00	Spin 35 9.30 – 10.05	Mash up 9.30 – 10.30	Step 2 the beat 9.30 – 10.10	Spin (overspill) 8.45 – 9.20	Mash up NEW 9.30 – 10.30	Spin 35 9.30 – 10.05
Spin 35 10.10 – 10.45	Power Pilates 10.15 – 11.15	Yogalates 10.40 – 11.40	Arms/Abs blast 10.20 – 10.50	Spin 35 9.30 – 10.05		Pump & Tone 10.15 – 10.45 NEW
Yogalates 10.55 – 11.55	Coffee morning 11.15			Pure Pilates 10.15 – 11.15		
PM	PM	PM	PM	PM		
Step 2 the beat 5.45 – 6.25	Total Toning 5.45 – 6.15	Box2Beat 6.00 – 6.40 NEW	Pump & Tone 5.30 – 6.00 NEW	Spin 35 5.15 – 5.50		
Pump & Tone 6.35 – 7.05	Spin 35 6.25 – 7.00		Spin 35 6.10 – 6.45	Arms/Abs blast 6.00 – 6.30		
			Pure Pilates 6.55 – 7.55			

BOOKING

- **SPIN** – Booking required via our app
- **BOX2BEAT** – Booking required via our app
- Download our App search "INTERSHAPE STUDIOS"

Download on the App Store

Gymcatch - Book Fitness

www.intershapestudios.co.uk