










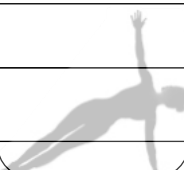





SPRING TIMETABLE 2025





 - AVAILABLE IN THE STUDIO AND ONLINE
 - MUST BE BOOKED


MONDAY	
AM	
 Pump & Tone	9.30 – 10.00
 Spin 35	10.10 – 10.45
 Yogalates	10.55 – 11.55
PM	
Step 2 the beat	5.45 – 6.25
 Pump & Tone	6.35 – 7.05


TUESDAY	
AM	
 Spin 35	9.30 – 10.05
Power Pilates	10.15 – 11.15
 Coffee morning	11.15
PM	
	

WEDNESDAY	
AM	
Mash up	9.30 – 10.30
 Yogalates	10.40 – 11.40
PM	
 Box2Beat	6.00 – 6.40
	

THURSDAY	
AM	
Step 2 the beat	9.30 – 10.10
 Arms/Abs blast	10.20 – 10.50
PM	
Pump & Tone	5.30 – 6.00
 Spin 35	6.10 – 6.45
 Pure Pilates	6.55 – 7.55

FRIDAY	
AM	
 Spin (overspill)	8.45 – 9.20
 Spin 35	9.30 – 10.05
 Pure Pilates	10.15 – 11.15
PM	
 Spin 35	5.15 – 5.50

SATURDAY	
AM	
Mash up	9.30 – 10.30
	

SUNDAY	
AM	
 Spin 35	9.30 – 10.05

BOOKING

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



www.intershapestudios.co.uk