












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	
Arms/Abs blast 6.00 – 6.30	

SATURDAY	
AM	
Mash up 9.30 – 10.30	
	

SUNDAY	
AM	
 Spin 35 9.30 – 10.05	
Pump arms/abs 10.15 – 10.45	

BOOKING

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



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