



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 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 arms/abs 10.15 – 10.45
Yogalates 10.55 – 11.55	 Coffee morning 11.15			Pure Pilates 10.15 – 11.15		
PM	PM	PM	PM	PM	BOOKING  • SPIN – Booking required via our app • BOX2BEAT – Booking required via our app • Download our App search “INTERSHAPE STUDIOS”   www.intershapestudios.co.uk	
Step 2 the beat 5.45 – 6.25		Box2Beat 6.00 – 6.40	Pump & Tone 5.30 – 6.00	 Spin 35 5.15 – 5.50		
Pump & Tone 6.35 – 7.05			 Spin 35 6.10 – 6.45	Arms/Abs blast 6.00 – 6.30		
			Pure Pilates 6.55 – 7.55			