

STUDIO/ONLINE CLASS TIMETABLE

November 2021 ALL INFORMATION - www.intershapesstudios.co.uk

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MONDAY	9.30 -10.00 Box-Hiit *Studio/Monthly live	10.10 - 10.40 Kettlebells *Studio/Monthly live	10.55 -11.55 Yogalates	12.10-12.40 SpinXpress *New*		18.00 -18.40 Step 40 *Studio/Monthly live	18.50 -19.20 Pump N Tone *New*	19.30 - 20.00 SpinXpress
TUESDAY	9.30 -10.00 Spin Decades *New*	10.10 -11.10 Power Pilates			17.30 -18.00 Total Toning *New*	18.10 - 18.40 Spin Decades *New*	18.50 -19.30 Dance fever *New*	19.40 -20.10 Mind matters *New*
WEDNESDAY	9.30 -10.00 Bounce – Hiit *New*	10.10 - 10.40 Total Toning *Studio/Monthly live		13.00-13.30 SpinXpress		18.00 -18.30 Tae Bo *Studio/Monthly live	18.35-19.05 Legs/bums/tum *New*	
THURSDAY	9.30 -10.00 Step 30	10.10 -10.40 Arms/Abs blast *New*	10.50 -11.20 SpinXpress	11.30 -12.30 Pilates joint & Backcare		18.00 - 18.30 Kettlebells	18.40 - 19.10 SpinXpress *New*	19.20 - 20.20 Pilates
FRIDAY	9.30 -10.00 Spin Decades	10.15 -11.15 Pilates *Studio/Monthly live			17.15 - 17.45 SpinXpress *New*	17.55 -18.25 Arms/Abs blast *New*		
SATURDAY	9.30 - 10.00 Pump N Tone *Studio/Monthly live	10.10 - 10.40 FiiT *Studio/Monthly live			*172 pre-recorded online classes available to choose from.			
SUNDAY	9.30 - 10.00 SpinXpress	10.10 - 10.40 Strength & Conditioning			*The first week of every month, as well as studio, the following classes will be held Live-online: Box-hiit, Kettlebells, Step, Total Toning, Tae Bo, Pilates, Pump n Tone & FiiT.			