



STUDIO/ONLINE CLASS TIMETABLE

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

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MONDAY	9.30 -10.00 Box-Hiit STUDIO & ONLINE	10.10 - 10.40 Kettlebells STUDIO & ONLINE	10.55 -11.55 Yogalates	12.10-12.40 SpinXpress *New*		18.00 -18.40 Step 40 *New*	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*	19.35 -20.05 Mind matters *New*
WEDNESDAY	9.30 -10.00 Bounce – Hiit *New*	10.10 - 10.40 Total Toning STUDIO & ONLINE		13.00-13.30 SpinXpress		18.00 -18.30 Tae Bo *New*	18.35-19.05 Legs/bums/tum *New*	19.15-19.45 Disco Spin *New*
THURSDAY	9.30 -10.00 Step 30	10.10 -10.40 Arms/Abs blast *New*	10.50 -11.20 SpinXpress	11.30 -12.15 Pilates joint & Backcare		18.00 - 18.30 Kettlebells	18.40 - 19.10 SpinXpress *New*	19.20 - 20.20 Pilates
FRIDAY	9.30 -10.00 SpinXpress	10.15 -11.15 Pilates STUDIO & ONLINE			17.30 - 18.15 Spin Ibiza 45 *New*			
SATURDAY	9.30 - 10.00 Pump N Tone	10.10 - 10.40 FiiT			*114 pre-recorded online classes available to choose from 24/7!			
SUNDAY	9.30 - 10.00 SpinXpress	10.10 - 10.40 Strength & Conditioning			*New live-recorded class content for: Tae Bo, Step, Pump n Tone & FiiT will be released the first week of every month!			