

# CLASS TIMETABLE

2023



**iGym**  
LONDON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>ZUMBA</b> 11.00 - 12.00 STUDIO 1	<b>iExplode</b> 11.00 - 11.45 GYM
				<b>i-CIRCUITS</b> 12.45 - 13.30 STUDIO 1		
<b>i-HIIT</b> 18.30 - 19.00 STUDIO 1	<b>i-CIRCUITS</b> 18.30 - 19.15 STUDIO 1	<b>L.B.T</b> 18.30 - 19.15 STUDIO 1	<b>i-HIIT</b> 18.30 - 19.00 STUDIO 1			
<b>MOBILITY &amp; RECOVERY</b> 19.15 - 20.00 STUDIO 1	<b>i-ABS</b> 19.15 - 19.30 STUDIO 1	<b>PILATES</b> 19.15 - 20.15 STUDIO 1	<b>i-ABS</b> 19.00 - 19.15 STUDIO 1			
	<b>YOGA</b> 19.30 - 20.30 STUDIO 1		<b>ZUMBA</b> 19.15 - 20.15 STUDIO 1			

TO BOOK A CLASS,  
VISIT US ONLINE AT...  
**iGYM.**  
**LONDON**



Find us on Facebook  
**iGym London**



Find us on Instagram  
**@iGym.acton**