

# CLASS TIMETABLE

JANUARY 2026



**iGym**  
LONDON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>YOGA</b> 10.00 - 11.00 STUDIO 1	
					<b>ZUMBA</b> 11.00 - 12.00 STUDIO 1	
		<b>i-KETTLEBELL</b> 12.45 - 13.30 GYM		<b>i-HIIT</b> 12.45 - 13.15 STUDIO 1	<b>i-BODY PUMP</b> 12.15 - 13.00 STUDIO 1	<b>L.B.T.</b> 12.15 - 12.45 STUDIO 1
<b>i-BOXING</b> 18.15 - 19.15 STUDIO 1	<b>i-SKIPPING</b> 18.30 - 19.15 STUDIO 1	<b>i-SPIN</b> 18.30 - 19.15 CYCLING STUDIO <sup>oo</sup>	<b>i-CIRCUITS</b> 18.30 - 19.15 STUDIO 1			
<b>i-BODYPUMP</b> 19.15 - 20.00 STUDIO 1	<b>YOGA</b> 19.15 - 20.15 STUDIO 1	<b>i-ABS</b> 19.15 - 19.45 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