

# CLASS TIMETABLE

2022



**iGym**  
LONDON

MONDAY ▼	TUESDAY ▼	WEDNESDAY ▼	THURSDAY ▼	FRIDAY ▼	SATURDAY ▼	SUNDAY ▼
<b>i-BOOT CAMP</b> 06.45 - 07.30 GYM		<b>FUNCTIONAL ABS</b> 06.30 - 07.00 GYM				
					<b>ZUMBA</b> 11.00 - 12.00 STUDIO 1	<b>i-CIRCUITS</b> 11.00 - 11.45 STUDIO 1
			<b>EXTREME SWEAT</b> 12.45 - 13.15 GYM	<b>i-BOOT CAMP</b> 12.30 - 13.15 STUDIO 1	<b>YOGA</b> 12.00 - 13.00 STUDIO 1	<b>i-ABS</b> 11.45 - 12.00 GYM
	<b>i-TABATA</b> 12.45 - 13.15 STUDIO 1	<b>i-HIIT</b> 12.45 - 13.15 GYM			<b>i-SCULPT &amp; STRENGTH</b> 12.30 - 13.30 GYM	
<b>OUTDOOR BODYWEIGHT TRAINING</b> 18.15 - 19.15 GYM	<b>iGYM OUTDOOR RUNNING CLUB</b> 18.30 - 19.30 GYM	<b>i-CIRCUITS</b> 18.30 - 19.15 STUDIO 1	<b>STUDIO CYCLE</b> 18.30 - 19.15 STUDIO 1	<b>MOBILITY &amp; RECOVERY</b> 18.15 - 19.00 STUDIO 1		
<b>L.B.T.</b> 19.15 - 20.00 STUDIO 1	<b>YOGA</b> 19.30 - 20.30 GYM	<b>iABS</b> 19.15 - 19.30 STUDIO 1	<b>ABS &amp; CORE</b> 19.15 - 19.30 STUDIO 1			
		<b>PILATES</b> 19.30 - 20.30 STUDIO 1	<b>ZUMBA</b> 19.30 - 20.30 STUDIO 1			

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