

CLASS TIMETABLE

NOVEMBER 2024



iGym
LONDON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					YOGA 10.00 - 11.00 STUDIO 1	
					ZUMBA 11.00 - 12.00 STUDIO 1	
		i-CIRCUITS 12.45 - 13.15 STUDIO 1		i-HIIT 12.45 - 13.15 STUDIO 1	i-ABS 12.15 - 12.45 STUDIO 1	
i-BODYPUMP 18.15 - 19.00 STUDIO 1	i-TABATA 18.30 - 19.00 STUDIO 1	L.B.T 18.30 - 19.15 STUDIO 1				
MOBILITY & RECOVERY 19:15 - 20:00 STUDIO 1	YOGA 19.00 - 20.00 STUDIO 1	i-BOXING 19.15 - 20.15 STUDIO 1	ZUMBA 19.15 - 20.15 STUDIO 1			

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