

JANUARY TIMETABLE 2019

THE GYM WAY MARBLE ARCH | MOB45 FARRINGDON | GLASSHILL STUDIOS SOUTHWARK | BASE STUDIOS VAUXHALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILLED AF WEEK 31 NEW YEARS EVE	1 NEW YEARS DAY	2 DIVA BEGINNER 18.30-19.30 HEELS ALL LEVELS 19.30-20.30	3 DIVA ALL LEVELS 18:30-19:30 COMMERCIAL ALL LEVELS 19:30-20:30	4 NO CLASSES	5 BOSS: LITTLE MIX BEGINNER 11.30-12.30: STRIP FT SHARAYA J 2019 INTENTION SETTING YOGA WORKSHOP ALL LEVELS 13.15-14.45	6 POWER ALL LEVELS 12.00-12.55 SWAG: KELLY ROWLAND INTERMEDIATE 13.00-14.00: KELLY ARIANA GRANDE INT/ADV 14.00-15.30: IMAGINE
SASSY AF WEEK 7 COMMERCIAL INTERMEDIATE 18.00-19.00 POP ALL LEVELS 19.15-20.15	8 SWEAT & STRETCH ALL LEVELS 19.00-19.55	9 DIVA BEGINNER 18.30-19.30 HEELS ALL LEVELS 19.30-20.30	10 DIVA ALL LEVELS 18:30-19:30 COMMERCIAL ALL LEVELS 19:30 - 20:30	11 NO CLASSES	12 BOSS BARRE: TINASHE BEGINNER 11.30-12.30: FADED LOVE BRITNEY SPEARS ALL LEVELS 12.30-14.00: I'M A SLAVE 4 U	13 POWER ALL LEVELS 12.00-12.55 SWAG: CIARA INTERMEDIATE 13.00-14.00: RIDE FLOOR WERRRRK WORKSHOP: THE WEEKND ALL LEVELS 14.00-15.30: EARNED IT
UNAPOLOGETIC AF WEEK 14 COMMERCIA INTERMEDIATE 18.00-19.00 POP ALL LEVELS 19.15-20.15	15 SWEAT & STRETCH ALL LEVELS 19.00-19.55	16 DIVA BEGINNER 18.30-19.30 HEELS ALL LEVELS 19:30 - 20:30	17 DIVA ALL LEVELS 18.30-19.30: OUTRAGEOUS COMMERCIAL ALL LEVELS 19:30 - 20:30	18 BOSS: NICKI MINAJ BEGINNER 11.30-12.30: DID IT ON EM BEYONCÉ: UNAPOLOGETIC AF BEY ALL LEVELS 12.30-14.00: SORRY // APESH*T	19 POWER ALL LEVELS 12.00-12.55 SWAG: LITTLE MIX INTERMEDIATE 13.00-14.00: WASABI XTINA VS. RIHANNA ALL LEVELS 14.00-15.30: DIRRTY // POUR IT UP	
FEMINIST AF WEEK 21 COMMERCIAL INTERMEDIATE 18.00-19.00 POP ALL LEVELS 19.15-20.15	22 SWEAT & STRETCH ALL LEVELS 19.00-19.55	23 DIVA BEGINNER 18.30-19.30 HEELS ALL LEVELS 19:30 - 20:30	24 DIVA ALL LEVELS 18:30-19:30 COMMERCIAL ALL LEVELS 19:30 - 20:30	25 NO CLASSES	26 BOSS: XTINA BEGINNER 11.30-12.30: STRIPPED LITTLE MIX ALL LEVELS 12.30-14.00: JOAN OF ARC	27 POWER ALL LEVELS 12.00-12.55 SWAG: BEYONCÉ ALL LEVELS 13.00-14.00: UPGRADE U BEYONCÉ: FEMINIST AF BEY ALL LEVELS 14.00-15.30: BOW DOWN // RUN THE WORLD (GIRLS)