



ADULTS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BALLET 8:00-8:55	BARRE 9:00-9:55	TOTAL BODY WORKOUT 8:00-8:55	LATIN MIX 9:00-9:55	BARRE 8:00-8:55	CIRCUITS 8:15-8:55
TAP 12:00-12:55	TOTAL BODY WORKOUT 10:00-10:55	BODY PUMP LES MILLS 9:00-9:55	STREET DANCE 10:00-10:55	CIRCUITS 10:00-10:45	BODY PUMP LES MILLS 9:00-9:40
CORE 13:00-13:45	BODY BALANCE LES MILLS 12:30-13:25	BALLET 13:00-13:55	BARRE 11:00-11:55	STREET DANCE 12:00-12:55	YOGA 9:45-10:25
BARRE 17:45-18:40	CORE LES MILLS 12:35-13:05	BARRE 17:45-18:40	HIIT & STRETCH 12:00-12:45	BODY BALANCE LES MILLS 13:00-13:55	LATIN MIX 10:30-11:10
BALLROOM BEATS 17:45-18:40	DANCE FIT 13:10-13:55	BODY BALANCE LES MILLS 18:45-19:40	HATHA YOGA 13:00-13:55		BARRE 11:15-11:55
PILATES 18:45-19:40	BARRE 14:00-14:55	JAZZ 18:45-19:40	MUSICALS WORKOUT 17:45-18:40		HIIT 12:00-12:40
DANCE WORKOUT 18:45-19:40	HIIT 17:45-18:30	PILATES 19:45-20:40	VINYASA YOGA 18:45-19:40		
VINYASA YOGA 19:45-20:40	ZUMBA 18:45-19:40		BODY PUMP LES MILLS 19:45-20:30		
STREET DANCE 19:45-20:40	TAP (BEGINNERS) 18:45-19:40				
	BALLET 19:45-20:40				
	TAP (INTERMEDIATE) 19:45-20:40				

BOOK ONLINE:

AWESOMESTUDIOSLTD.CO.UK

EMAIL:

INFO@AWESOMESTUDIOSLTD.CO.UK

PHONE NO:

02082873331

WHERE TO FIND US:

**23 HIGH STREET
TEDDINGTON
TW11 8ET**

**SUBJECT TO CHANGE & REDUCE
DURING HOLIDAY PERIODS OR OTHER
TIMES. SEE WEBSITE FOR UP TO DATE
CLASS SCHEDULE.**

ONLINE BOOKING ESSENTIAL.

NO COMMITMENT

**SESSION BUNDLES OF 5, 10 OR 20 (VALID FOR 6 MONTHS) AND USE ON ANY
CLASSES, OR UNLIMITED SESSIONS NO CONTRACT.**