

# INSANITY®

## FIND OUT WHAT YOU'RE MADE OF

**MORE  
CLASSES  
ADDED**

The INSANITY® workout is coming to Soho in 2014. We're the first gym group to roll it out in the UK bringing you the class workout that has taken the USA by storm. INSANITY® is a high intensity workout that can help you burn fat and get lean in record time.



Club	Day	Time
BOROUGH	Tuesday	13:15 - 13:45
	Thursday	18:00 - 18:45
BOW WHARF	Wednesday	19:00 - 19:50
	Sunday	10:00 - 10:50
CAMDEN	Tuesday	12:30 - 13:15
	Wednesday	18:15 - 18:45
CLAPHAM	Monday	12:30 - 13:00
	Wednesday	19:30 - 20:15
	Thursday	18:00 - 18:30
	Saturday	12:15 - 13:05
COVENT GARDEN	Monday	12:45 - 13:15
	Wednesday	18:00 - 18:30
	Thursday	18:00 - 18:45
	Saturday	12:45 - 13:15
EARLS COURT	Thursday	12:30 - 13:15
	Thursday	19:00 - 19:45
	Saturday	13:30 - 14:20
FARRINGDON	Tuesday	17:45 - 18:30
	Sunday	11:30 - 12:20
LEWISHAM	Monday	18:45 - 19:30
	Tuesday	12:30 - 13:20
	Wednesday	17:30 - 18:00
	Saturday	08:30 - 09:30
MANCHESTER	Monday	17:45 - 18:30
	Wednesday	07:00 - 07:30
	Thursday	12:15 - 13:00
WATERLOO	Monday	13:15 - 13:45
	Thursday	13:15 - 13:45



**CLASSES**