



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	GRIT™ PLYO 07:00-07:30 <i>Kinga</i>	SPINNING® 07:00-07:45 <i>Tank</i>	BODYPUMP™ 07:00-07:45 <i>Agata</i>	SPINNING® 07:30-08:15 <i>Daz</i>	INSANITY® 07:15-08:00 <i>Jana</i>	BEGINNERS YOGA 09:30-10:30 <i>Michael</i>	BODYPUMP™ 09:30-10:30 <i>Kayleigh</i>
						BODYPUMP™ 10:30-11:30 <i>Lucy NEW</i>	SOFunctional CORE 10:35-10:50 <i>Fitness Team</i>
LUNCH	SOFunctional CORE 12:15-12:30 <i>Fitness Team</i>	SOFunctional CORE 12:15-12:30 <i>Fitness Team</i>	SPINNING® 12:30-13:15 <i>Helen</i>	TAI CHI 11:00-12:20 <i>Arthur</i>	INSANITY® 12:45-13:15 <i>Jana</i>	BODYCOMBAT™ 11:30-12:30 <i>Lucy NEW</i>	SPINNING® 11:00-12:00 <i>Debbie</i>
	SPINNING® 12:30-13:15 <i>Renee</i>	INSANITY® 12:30-13:15 <i>Abbie</i>	SOFunctional CORE 13:15-13:30 <i>Fitness Team</i>	BODYPUMP™ 12:30-13:15 <i>Adonis</i>	PILATES 13:20-14:20 <i>Shanee</i>	SOFunctional CORE 12:30-12:45 <i>Fitness Team</i>	
	SOFunctional RIG & PLYO 12:35-12:50 <i>Fitness Team</i>	GYM CIRCUIT 12:35-12:50 <i>Fitness Team</i>		DYNAMIC FLOW YOGA 13:15-14:15 <i>Jon</i>		STREET DANCE 12:45-13:45 <i>Private Class</i>	
	DYNAMIC FLOW YOGA 13:15-14:15 <i>Karl</i>	PILATES 13:15-14:15 <i>Alvin</i>				CAPOEIRA MIXED LEV 14:30-16:30 NEW <i>Private class</i>	
EVENING	PILATES 18:00-18:45 <i>Ivona</i>	BODYPUMP™ 18:00-18:45 <i>Jordan</i>	INSANITY® 18:15-18:45 <i>Jana</i>	BODYATTACK™ 18:15-19:00 <i>Claudio</i>	SPINNING® 18:15-19:00 <i>Mandi NEW</i>		
	SPINNING® 18:45-19:30 <i>Daz</i>	BODYATTACK™ 18:45-19:30 <i>Jordan</i>	PILATES 18:45-19:30 <i>Darren</i>	BODYPUMP™ 19:00-20:00 <i>Kayleigh</i>	MASSAR'S MARTIAL ARTS 20:00-21:00 <i>Private Class</i>		
	SOFunctional CORE 19:35-19:50 <i>Fitness Team</i>	POWER YOGA 19:30-20:30 <i>Dorotea</i>	CYCLE Tour 19:30-20:15 <i>Jana</i>	MUAY THAI KICKBOXING 20:00-21:00 <i>Paul</i>			
	MUAY THAI KICKBOXING 20:00-21:00 <i>Paul</i>	STREET DANCE 20:30-21:30 <i>Private Class</i>					

KEY

- ★ **NEW**
- SWEAT**
- FIGHT**
- SHAPE**
- DANCE**
- FOCUS**

Book online at sohogyms.com