

CLASS TIMETABLE

Begins:
Oct 2017



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|--|---|---|---|--|---|
| MORNING | CYCLE Sounds 07:00 - 07:45 A Tim | BODYPUMP™ 07:00-07:45 A Hayley | HATHA FLOW YOGA 07:00-07:45 B Dezi | CYCLE Sounds 07:00-07:45 A Roger | DRILL 07:00-07:45 A Gosia P | CYCLE Tour 09:00-10:00 A Nadine | CYCLE Sounds 10:30-11:15 A Tim |
| | | | | | | PILATES 09:30-10:30 B Adrian | VINYASA FLOW YOGA 11:15-12:15 B Gandha |
| LUNCH | VINYASA FLOW YOGA 12:30 - 13:15 B Charlie | PILATES 12:30-13:30 B Adrian | SPINNING® 12:15 - 12:45 A Yaw | PILATES 12:15-13:15 B Adrian | BODYPUMP™ 12:30-13:15 A Edgar | BODYPUMP™ 10:15-11:15 A Jennie | |
| | DRILL 12:30-13:00 A Akiko | CORE WHEEL 13:00-13:30 Tony | HATHA YOGA 12:30-13:15 B Renee | DRILL 12:30-13:15 A Sue | 3:5:15 13:15 - 13:30 A Fitness Team | HIIT Cycle 11:15-12:00 A Mandi | |
| | HIIT-CYCLE 13:10 - 13:40 A Petya | INSANITY® 13:30-14:00 A Tony | | SoCORE 13:15-13:45 A Sue | | BODYCOMBAT™ 12:30 - 13:30 A Diomideia | |
| | | | | | | ASHTANGA YOGA 12:30 - 13:30 B Michael | |
| EVENING | 3:5:15 PLUS 18:00 - 18:20 Gym Fitness Team | 3:5:15 18:00 - 18:15 Gym Fitness Team | 3:5:15 PLUS 18:00 - 18:20 Gym Fitness Team | INSANITY® 18:00-18:45 A Mark | DYNAMIC FLOW YOGA 18:00-19:00 B Karl | | |
| | SPINNING® 17:45 - 18:30 A Roger | BROKEN 18:00-18:45 A Will L | BODYPUMP™ 18:00-18:45 A Edgar | VINYASA YOGA 18:45-19:45 B Jolanta | | | |
| | BODYPUMP™ 18:30 - 19:30 A Andrew | SoCORE 18:45-19:15 A Sarah | BODYCOMBAT™ 18:45-19:30 A Jeni | BODYPUMP™ 18:45-19:45 A Diomideia | | | |
| | PILATES 18:45 - 19:45 B Roger | VINYASA FLOW YOGA 19:15-20:15 B Aina | PILATES 18:45-19:45 B Massimo | | | | |
| | ZUMBA® 19:30-20:30 A Niki | BODYPUMP™ 19:15-20:00 A Sarah | HIIT Cycle 19:30-20:15 A jeni | | | | |

KEY

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| NEW CLASS, INSTRUCTOR OR TIME | SWEAT |
| FIGHT | SHAPE |
| DANCE | FOCUS |

Book online at sohogyms.com