

CLASS TIMETABLE

Begins:
March 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 NEW	INSANITY 07:00-07:30 A Francesca	CYCLE Tour 09:00-10:00 A Nadine	CYCLE Sounds 10:30-11:15 A Tim
LUNCH	VINYASA FLOW YOGA 12:30 - 13:15 B Charlie	PILATES 12:30-13:30 B Adrian NEW	HATHA YOGA 12:30-13:15 B Teresa	PILATES 12:15-13:15 B Adrian	BODYPUMP™ 12:30-13:15 A Edgar	BODYPUMP™ 10:15-11:15 A Jennie	
	GRIT™ STRENGTH 12:30-13:00 A Akiko	INSANITY® 13:30-14:00 A Tony	SPINNING® 12:15 - 12:45 A Jordan NEW	DRILL: 12:30-13:15 A Sue NEW	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 Georgiana NEW			SO CORE 13:15-13:45 A Sue		BODYCOMBAT™ 12:30 - 13:30 A Diomideia	
EVENING						ASHTANGA YOGA 12:30 - 13:30 B Michael	
	SPINNING® 17:45 - 18:30 A Roger	GRIT™ CARDIO 18:30-19:00 A Ahmed	BODYPUMP™ 18:00-18:45 A Edgar NEW	INSANITY® 18:00-18:45 A Szilvia	DYNAMIC FLOW YOGA 18:00-19:00 A Karl		
	BODYPUMP™ 18:30 - 19:30 A Andrew	SO CORE 18:35-19:05 B Sarah	3:5:15 18:05 - 18:20 Gym Fitness Team	VINYASA YOGA 18:45-19:45 B Alex	DRILL: 18:15-18:45 A Gosia P NEW		
PILATES 18:45 - 19:45 B Roger NEW	VINYASA FLOW YOGA 19:15-20:15 B Aina	BODYCOMBAT™ 18:45-19:30 A Jeni NEW	BODYPUMP™ 18:45-19:45 A Diomideia				
ZUMBA® 19:30-20:15 A Becky	BODYPUMP™ 19:15-20:00 A Sarah	PILATES 18:45-19:45 B Massimo					
		SPINNING® 19:30-20:15 A jeni NEW					

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com