

CLASS TIMETABLE

Begins:
Sept 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING 06:45 - 07:30 <i>Spin studio</i> Kamil		SPINNING® 06:45 - 07:30 <i>Spin studio</i> Tank			HATHA YOGA 10:00 - 11:00 <i>Chisendale studio</i> Olivia	DRILL: 10:00 - 10:50 <i>Chisendale studio</i> Yaw
LUNCH	DRILL: 13:30 - 14:00 <i>Gym</i> <i>Fitness Team</i>		DRILL: 12:30 - 13:00 <i>Gym</i> <i>Fitness Team</i>	CYCLE Tour 13:00 - 13:45 <i>Spin studio</i> Nadine		3:5:15 11:30 - 11:45 <i>Gym</i> <i>Fitness Team</i>	3:5:15 11:30 - 11:45 <i>Gym</i> <i>Fitness Team</i>
EVENING	3:5:15 PLUS 18:15 - 18:35 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:15 - 18:30 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:15 - 18:30 <i>Gym</i> <i>Fitness Team</i>	3:5:15 PLUS 18:15 - 18:35 <i>Gym</i> <i>Fitness Team</i>	3:5:15 PLUS 17:45 - 18:00 <i>Gym</i> <i>Fitness Team</i>		
	3:5:15 18:35 - 18:50 <i>Gym</i> <i>Fitness Team</i>	SPINNING® 18:00 - 18:45 <i>Spin studio</i> Tank	3:5:15 PLUS 18:30 - 18:50 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:35 - 18:50 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:15 - 18:30 <i>Gym</i> <i>Fitness Team</i>		
	CYCLE 18:30 - 19:15 <i>Spin studio</i> Nadine	3:5:15 PLUS 18:30 - 18:50 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:50 - 19:05 <i>Gym</i> <i>Fitness Team</i>	3:5:15 PLUS 18:50 - 19:10 <i>Gym</i> <i>Fitness Team</i>			
	3:5:15 PLUS 18:50 - 19:10 <i>Gym</i> <i>Fitness Team</i>	3:5:15 18:50 - 19:05 <i>Gym</i> <i>Fitness Team</i>	CYCLE Tour 19:00 - 19:45 <i>Spin studio</i> Para	SPINNING® 19:00 - 19:45 <i>Spin studio</i> Tank			
	PILATES 19:00 - 20:00 <i>Chisendale studio</i> Ricky	SPINNING® 19:00 - 19:45 <i>Spin studio</i> Tank	INSANITY® 19:00 - 19:50 <i>Chisendale studio</i> Gosia L				

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com