

BOW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>BIKE - Beats</b> 06:45 - 07:30 Studio Kamil		<b>BIKE - Sprint</b> 06:45 - 07:30 Studio Tank			<b>YOGA</b> 10:00-11:00 Chisenhale Olivia	<b>HIIT</b> 10:00-10:50 Chisenhale Julie
LUNCH	<b>3:5:15</b> 13:45-14:00 Gym Fitness Team		<b>BIKE - Beats</b> 12:30-13:15 Gym Remy	<b>3:5:15</b> 13:45-14:00 Gym Fitness Team	<b>3:5:15</b> 13:45-14:00 Gym Fitness Team	<b>BIKE-HIIT</b> 11:00 - 12:00 Studio Nadine	<b>3:5:15</b> 12:00-12:15 Gym Fitness Team
						<b>BOOTCAMP</b> 12:00-13:00 Gym Fitness Team	<b>HIIT</b> 15:30-16:00 Gym Fitness Team
EVENING	<b>BIKE-HIIT</b> 18:45-19:30 Studio Nadine		<b>3:5:15</b> 18:30-18:45 Gym Fitness Team				
		<b>3:5:15</b> 18:30-18:45 Gym Fitness Team	<b>3:5:15</b> 18:50-19:05 Gym Fitness Team	<b>BIKE - Beats</b> 18:30-19:15 Gym Remy			
	<b>BOOTCAMP</b> 18:30-19:30 Gym Fitness Team	<b>3:5:15</b> 18:50-19:05 Gym Fitness Team			<b>HIIT</b> 18:30-19:00 Gym Fitness Team		
	<b>PILATES</b> 19:00-20:00 Chisenhale Ricky	<b>BIKE - Beats</b> 19:00 - 19:45 Studio Grace	<b>HIIT</b> 19:00-19:45 Chisenhale Shirley	<b>BOOTCAMP</b> 19:15-20:15 Gym Fitness Team	<b>SOHOGYMS.COM</b>		

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	