

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------

MORNING

★ **CYCLE**
06:45 - 07:30
Spin studio
Luke S **NEW**

SPINNING®
06:45 - 07:30
Spin studio
Tank

YOGA
10:00 - 11:00
Chisendale studio
Olivia

INSANITY®
10:00 - 10:50
Chisendale studio
Maja

★ **HIIT Cycle**
11:00 - 12:00
Spin studio
Nadine **NEW**

3:5:15
11:30 - 11:45 Gym
Fitness Team

LUNCH

SOfunctional STRENGTH
13:30 - 14:00
Gym - Fitness Team

SOfunctional ATHLETIC
13:30 - 14:00
Gym - Fitness Team

CYCLE Tour
13:00 - 13:45
Spin studio
Nadine

3:5:15
11:30 - 11:45 Gym
Fitness Team

EVENING

3:5:15
18:30 - 18:45 Gym
Fitness Team

SPINNING®
18:00 - 18:45
Spin studio
Tank

3:5:15
18:30 - 18:45 Gym
Fitness Team

3:5:15
18:30 - 18:45 Gym
Fitness Team

★ **CYCLE**
18:30 - 19:15
Spin studio
Luke S **NEW**

3:5:15
18:30 - 18:45 Gym
Fitness Team

3:5:15
18:45 - 19:00 Gym
Fitness Team

3:5:15
18:45 - 19:00 Gym
Fitness Team

3:5:15
18:45 - 19:00 Gym
Fitness Team

3:5:15
18:45 - 19:00 Gym
Fitness Team

CYCLE Tour
19:00 - 19:45
Spin studio
Para

SPINNING®
19:00 - 19:45
Spin studio
Tank

PILATES
19:00 - 20:00
Chisendale studio
Ricky

SPINNING®
19:00 - 19:45
Spin studio
Tank

INSANITY®
19:00 - 19:50
Chisendale studio
Maja

KEY

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

Book online at sohogyms.com

