



**CLASSES**

# CLASS TIMETABLE

Begins:  
Oct 2017



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

**KEY**

<b>NEW</b> CLASS, INSTRUCTOR OR TIME	<b>SWEAT</b>
<b>FIGHT</b>	<b>SHAPE</b>
<b>DANCE</b>	<b>FOCUS</b>

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