



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		SPINNING® 07:15-08:00 <i>Tank</i>	BODYPUMP™ 07:00-07:45 <i>Agata</i>	SPINNING® 07:30-08:15 <i>Daz</i>	INSANITY® 07:15-08:00 <i>Jana</i>	ASHTANGA YOGA 09:30-10:30 <i>Michael</i>	BODYPUMP™ 09:30-10:30 <i>Kayleigh</i>
			TAI CHI 11:00-12:20 <i>Arthur</i>			BODYPUMP™ 10:30-11:30 <i>Lucy</i>	3:5:15 PLUS 10:35-10:55 <i>Fitness Team</i>
LUNCH	SPINNING® 12:30-13:15 <i>Renee</i>	INSANITY® 12:30-13:15 <i>Abbie</i>	SPINNING® 12:30-13:15 <i>Tim</i>		INSANITY® 12:45-13:15 <i>Jana</i>	BODYCOMBAT™ 11:30-12:30 <i>Lucy</i>	SPINNING® 11:00-12:00 <i>Debbie J</i>
	ASHTANGA YOGA 13:15-14:15 <i>Karl</i>	PILATES 13:15-14:15 <i>Alvin</i>	3:5:15 PLUS 13:30-13:50 <i>Fitness Team</i> NEW	ASHTANGA YOGA 13:15-14:15 <i>Jon</i>	PILATES 13:20-14:20 <i>Fleur</i>	3:5:15 12:30-12:45 <i>Fitness Team</i>	
	3:5:15 PLUS 13:30-13:50 <i>Fitness Team</i> NEW	3:5:15 PLUS 13:30-13:50 <i>Fitness Team</i> NEW				PRIVATE CLASS 12:45-13:45 <i>Studio</i>	
						PRIVATE CLASS 16:30-18:00 <i>Studio</i>	
EVENING	PILATES 18:00-18:45 <i>Ivona</i>	BODYPUMP™ 18:00-18:45 <i>Eleanor</i>	INSANITY® 18:00-18:45 <i>Jana</i>	BODYATTACK™ 18:15-19:00 <i>Claudio</i>	SPINNING® 18:15-19:00 <i>Mandi</i>		
	SPINNING® 18:45-19:30 <i>Daz</i>	BODYATTACK™ 18:45-19:30 <i>Eleanor</i>	PILATES 18:45-19:30 <i>Jocelynne</i>	BODYPUMP™ 19:00-20:00 <i>Kayleigh</i>	PRIVATE CLASS 19:00-20:00 <i>Stusio</i>		
	3:5:15 19:35-19:50 <i>Fitness Team</i>	HATHA YOGA 19:30-20:30 <i>Mark M</i>	CYCLE Tour 19:30-20:15 <i>Jana</i>	MUAY THAI KICKBOXING 20:00-21:00 <i>Paul</i>			
	MUAY THAI KICKBOXING 20:00-21:00 <i>Paul</i>	PRIVATE CLASS 20:30-21:30 <i>Studio</i>					

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com