

# CLASS TIMETABLE

Begins:  
Oct 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>SPINNING®</b> 06:25-06:55 B <i>Lisa</i>	<b>INSANITY®</b> 06:25-06:55 A <i>Francesca</i>	<b>BODYPUMP™</b> 06:45-07:30 A <i>Edgar</i>	<b>DRILL</b> 06:25-06:55 A <i>Mandi</i>	<b>DRILL</b> 07:00-07:45 A <i>Marco</i>	<b>HIIT Cycle</b> 08:15-09:00 B <i>Mandi</i>	<b>HATHA YOGA</b> 10:00-11:00 A <i>Tajana</i>
	<b>BODYPUMP™</b> 07:00-07:45 A <i>Paul M</i>	<b>SPINNING®</b> 07:00-07:45 B <i>Maria</i>		<b>HIIT Cycle</b> 07:00-07:45 B <i>Mandi</i>		<b>HATHA YOGA</b> 09:15-10:25 A+B <i>Simon B</i>	<b>SPINNING®</b> 11:20-12:05 B <i>Elizabetta</i>
LUNCH	<b>3:5:15 PLUS</b> 12:30 - 12:50 Track <i>Fitness Team</i>	<b>PILATES</b> 12:30-13:30 A <i>Michael</i>	<b>3:5:15 PLUS</b> 12:30 - 12:50 Track <i>Fitness Team</i>	<b>VINYASA FLOW YOGA</b> 12:30-13:30 A <i>Richard T</i>	<b>3:5:15 PLUS</b> 12:30 - 12:50 Track <i>Fitness Team</i>	<b>BODYATTACK™</b> 10:30-11:30 A <i>Matt D</i>	<b>3:5:15</b> 11:45 - 12:00 B <i>Fitness Team</i>
						<b>BODYPUMP™</b> 11:30-12:30 A <i>Matt D</i>	<b>BODYPUMP™</b> 12:15-13:00 A <i>Edgar</i>
						<b>PRIVATE CLASS</b> 15:30-18:30 <i>Studio</i>	<b>PILATES</b> 16:00-17:00 A <i>Michael</i>
EVENING	<b>CORE WHEEL</b> 18:00-18:30 A <i>Yaw</i>	<b>3:5:15 PLUS</b> 18:10 - 18:30 Track <i>Fitness Team</i>	<b>3:5:15 PLUS</b> 18:00 - 18:20 Track <i>Fitness Team</i>	<b>BROKEN</b> 18:00-18:30 A <i>Yaw</i>	<b>SPINNING®</b> 18:30-19:15 B <i>Yaw</i>		
	<b>SPINNING®</b> 19:00-19:45 B <i>Maria O</i>	<b>BROGA® FITNESS YOGA</b> 18:30-19:15 A <i>Richard T</i>	<b>BODYPUMP™</b> 18:15-19:00 A <i>Pam</i>	<b>BOX TRAINING</b> 18:30-19:00 A <i>Nikki</i>			
	<b>BODYPUMP™</b> 18:30-19:30 A <i>John S</i>	<b>SPINNING®</b> 19:15-20:00 B <i>Lisa</i>	<b>SPINNING®</b> 19:00-19:45 B <i>Mark</i>	<b>3:5:15</b> 18:45 - 19:00 Track <i>Fitness Team</i>			
	<b>BODYATTACK™</b> 19:30-20:15 A <i>Dan</i>	<b>BODYPUMP™</b> 19:15-20:15 A <i>John K</i>	<b>INSANITY®</b> 19:15-20:05 A <i>Bella</i>	<b>BODYPUMP™</b> 19:00-20:00 A <i>Liam</i>			
	<b>PILATES</b> 20:15-21:15 A <i>Sergio</i>		<b>ASHTANGA YOGA</b> 20:15-21:15 A <i>Michael</i>	<b>HIIT Cycle</b> 19:15-20:00 B <i>Mandi</i>			

**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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