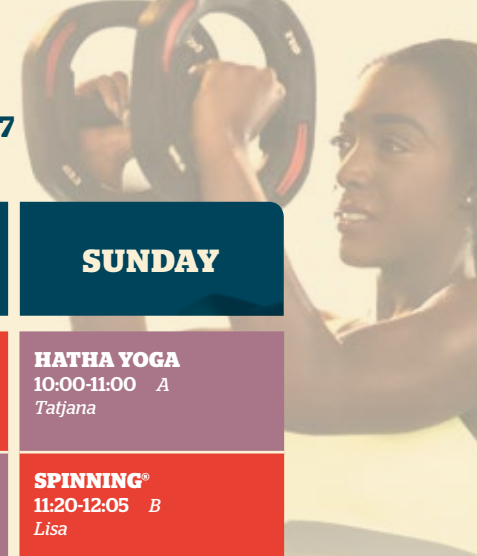


CLASS TIMETABLE

Begins:
March 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 06:25-06:55 B Lisa <i>NEW</i>	INSANITY® 06:25-06:55 A Francesca <i>NEW</i>	BODYPUMP™ 06:45-07:30 A Edgar <i>NEW</i>	DRILL: 06:25-06:55 A Mandi <i>NEW</i>	CIRCUIT 07:00-07:45 A Alex P	HIIT Cycle 08:15-09:00 B Mandi	HATHA YOGA 10:00-11:00 A Tajana
	BODYPUMP™ 07:00-07:45 A Christelle	SPINNING® 07:00-07:45 B Maria		HIIT Cycle 07:00-07:45 B Mandi		HATHA YOGA 09:15-10:25 A+B Simon B	SPINNING® 11:20-12:05 B Lisa
LUNCH	3:5:15 12:15 - 12:30 A Fitness Team <i>NEW</i>	PILATES 12:30-13:30 A Michael	3:5:15 12:30 - 12:45 A Fitness Team <i>NEW</i>	VINYASA FLOW YOGA 12:30-13:30 A Richard T	3:5:15 12:30 - 12:45 A Fitness Team	BODYATTACK™ 10:30-11:30 A Matt D	3:5:15 11:45 - 12:00 B Fitness Team
	PRIVATE CLASS 12:30 - 13:30 A Studio					BODYPUMP™ 11:30-12:30 A Matt D	BODYPUMP™ 12:15-13:00 A Edgar <i>NEW</i>
EVENING	3:5:15 18:00 - 18:15 Gym Fitness Team	3:5:15 18:15 - 18:30 A Fitness Team	BODYPUMP™ 18:15-19:00 A Pam	DRILL: 18:00-18:30 A Matt P <i>NEW</i>	SPINNING® 18:30-19:15 B Hayley	PRIVATE CLASS 15:30-18:30 Studio	
	SPINNING® 18:30-19:15 B Lisa	BROGA® FITNESS YOGA 18:30-19:15 A Richard T	SPINNING® 19:00-19:45 B Mark <i>NEW</i>	BODYATTACK™ 18:30-19:30 A Liam			
	BODYPUMP™ 18:30-19:30 A John S	SPINNING® 19:15-20:00 B Maria		3:5:15 18:45 - 19:00 B Fitness Team			
	BODYATTACK™ 19:30-20:15 A Dan	BODYPUMP™ 19:15-20:15 A John K <i>NEW</i>	INSANITY® 19:15-20:05 A Bella <i>NEW</i>	HIIT Cycle 19:15-20:00 B Mandi			
PILATES 20:15-21:15 A Sergio		ASHTANGA YOGA 20:15-21:15 A Michael <i>NEW</i>	BODYPUMP™ 19:30-20:30 A Liam				

KEY

- NEW** CLASS, INSTRUCTOR OR TIME
- SWEAT** (Heart icon)
- FIGHT** (Fighter icon)
- SHAPE** (Muscle icon)
- DANCE** (Dancer icon)
- FOCUS** (Yogi icon)

Book online at sohogyms.com