

# CLASS TIMETABLE

Begins:  
March 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING	<b>CIRCUIT</b> 07:15 - 07:45 <i>Nathan</i> <b>NEW</b>					<b>DHARMA MITTRA YOGA</b> 11:00 - 12:30 <i>Clare</i>	
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LUNCH	<b>3:5:15</b> 12:30 - 12:45 <i>Fitness Team</i>	<b>3:5:15</b> 12:30 - 12:45 <i>Fitness Team</i> <b>NEW</b>	<b>3:5:15</b> 12:30 - 12:45 <i>Fitness Team</i>	<b>DRILL:</b> 12:15 - 12:45 <i>Rich</i> <b>NEW</b>	<b>3:5:15</b> 12:30 - 12:45 <i>Fitness Team</i>	<b>INSANITY®</b> 12:45 - 13:15 <i>Francesca</i> <b>NEW</b>	<b>3:5:15</b> 12:45 - 13:00 <i>Fitness Team</i> <b>NEW</b>
	<b>INSANITY®</b> 12:45 - 13:15 <i>Lorella</i>		<b>HOT PILATES</b> 12:45 - 13:45 <i>Carl</i>	<b>HATHA YOGA</b> 12:45 - 13:30 <i>Tatjana</i>	<b>DRILL:</b> 12:45 - 13:15 <i>Desta</i> <b>NEW</b>	<b>PRIVATE CLASS</b> 13:30 - 15:00	

EVENING	<b>SO CORE</b> 18:00-18:30 <i>Tony</i>	<b>3:5:15</b> 17:45 - 18:00 <i>Fitness Team</i> <b>NEW</b>	<b>INSANITY®</b> 18:00 - 18:45 <i>Lorella</i> <b>NEW</b>	<b>DRILL:</b> 18:00 - 18:45 <i>Tony</i> <b>NEW</b>	<b>3:5:15</b> 17:45 - 18:00 <i>Fitness Team</i> <b>NEW</b>
	<b>BODYPUMP™</b> 18:30 - 19:30 <i>Jade C</i>	<b>SO ATHLETIC</b> 18:00 - 19:00 <i>Tony</i> <b>NEW</b>	<b>BODYPUMP™</b> 18:45 - 19:45 <i>Claire</i> <b>NEW</b>	<b>BROGA® HOT YOGA</b> 18:45 - 19:45 <i>Matt M</i>	<b>CORE WHEEL</b> 18:00-18:30 <i>Tony</i> <b>NEW</b>
	<b>PRIVATE CLASS</b> 19:15 - 20:30 <i>Studio</i>		<b>PRIVATE CLASS</b> 20:00 - 21:00 <i>Studio</i>	<b>PRIVATE CLASS</b> 20:00 - 21:00 <i>Studio</i>	<b>BODYPUMP™</b> 18:30 - 19:30 <i>Pshemek</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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