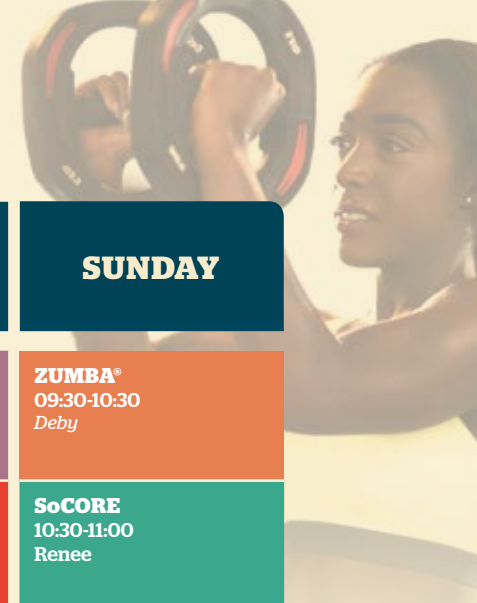


CLASS TIMETABLE

Begins:
Oct 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	DRILL 07:15 - 08:00 Shara	SPINNING® 07:15-08:00 Claudia	BROKEN 09:15-10:00 Bella	HIIT CYCLE 09:15-10:00 Petja	BODYATTACK™ 09:15-10:15 Akiko	PILATES 09:30-10:30 Massimo	ZUMBA® 09:30-10:30 Deby
	VINYASA FLOW YOGA 10:30-11:45 Tatjana					BODYATTACK™ 10:30-11:30 Vicky T	SoCORE 10:30-11:00 Renee
LUNCH	BODYPUMP™ 12:30-13:30 Veronica M	BODYATTACK™ 12:30-13:15 Akiko			ASHTANGA YOGA 12:30-13:30 Karl	BODYPUMP™ 11:30-12:30 Vicky T	SoSTRENGTH 11:00-12:00 Renee
						SPINNING® 12:45-13:30 Jennie	VINYASA YOGA 13:00-14:00 Victoria
						INSANITY® 13:30-14:20 Bella	
EVENING	3:5:15 PLUS 17:40 - 18:00 Fitness Team	3:5:15 17:45 - 18:00 Fitness Team	3:5:15 PLUS 17:45 - 18:05 Fitness Team	3:5:15 17:45 - 18:00 Fitness Team	SPINNING® 18:00-18:45 Para		
	BODYATTACK™ 18:00-18:45 Eleanor	PILATES 18:00-19:00 Massimo	BODYCOMBAT™ 18:15-19:00 Veronika	BODYPUMP™ 18:00-19:00 Mariia	VINYASA YOGA 18:45-19:45 Jocelynn		
	BODYPUMP™ 18:45-19:30 Eleanor	BODYPUMP™ 19:00-20:00 Citu	SPINNING® 19:00-19:45 Veronika	INSANITY® 19:00-19:45 Shara			
	ASHTANGA YOGA 19:40-20:55 Karl	MUAY THAI KICKBOXING 20:10-21:10 Joshua	BODYATTACK™ 19:45-20:45 Kyode	PIYO® 19:45-20:45 Shara			

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT 	SHAPE
DANCE 	FOCUS

Book online at sohogyms.com