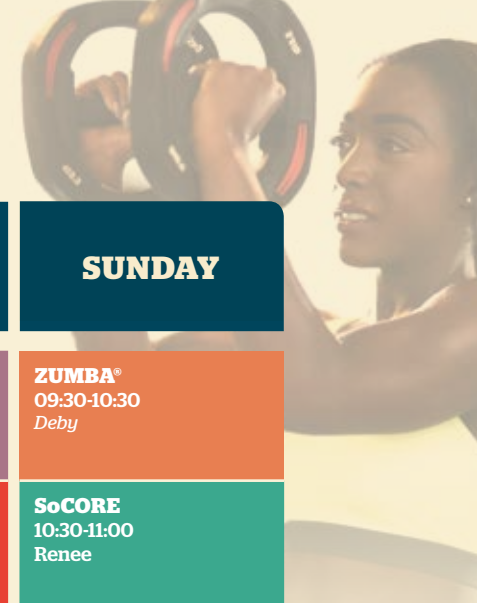


# CLASS TIMETABLE

Begins:  
Sept 2017



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

KEY

NEW	SWEAT
CLASS, INSTRUCTOR OR TIME	
FIGHT	SHAPE
DANCE	FOCUS

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