



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	BODYCOMBAT™ 06:05 - 06:35 <i>Virtual</i>	CXWORX™ 06:05 - 06:35 <i>Virtual</i>	BODYPUMP™ 06:05 - 06:35 <i>Virtual</i>	CXWORX™ 06:05 - 06:35 <i>Virtual</i>	CYCLE - INTERVALS 06:05 - 06:35 <i>Virtual</i>	BODYPUMP™ 08:30 - 09:30 <i>Virtual</i>
	CXWORX™ 06:40 - 07:10 <i>Virtual</i>	BODYPUMP™ 06:40 - 07:10 <i>Virtual</i>	PILOXING® 06:40 - 07:10 <i>Virtual</i>	HIIT TRAINING 06:40 - 07:10 <i>Virtual</i>	CXWORX™ 06:40 - 07:10 <i>Virtual</i>	CXWORX™ 09:45 - 10:15 <i>Virtual</i>
	HIIT Cycle 07:30 - 08:15 <i>Claudia</i>	BODYCOMBAT™ 07:30 - 08:15 <i>Siu</i>	ASHTANGA YOGA 07:30 - 08:30 <i>Monica</i>	SPINNING® 07:30 - 08:15 <i>Amina</i>	BODYPUMP™ 07:30 - 08:30 <i>Edgar</i>	INSANITY 10:30 - 11:30 <i>Cilu</i>
	BODYBALANCE™ 11:00 - 12:00 <i>Virtual</i>	SH'BAM™ 08:35 - 09:10 <i>Virtual</i>	STEP 08:40 - 09:10 <i>Virtual</i>	YOGA 11:00 - 11:45 <i>Virtual</i>	BODYCOMBAT™ 08:40 - 09:10 <i>Virtual</i>	CYCLE - HILLS 12:15 - 12:45 <i>Virtual</i>
	BODYPUMP™ 11:00 - 12:00 <i>Virtual</i>	STEP 11:00 - 12:00 <i>Virtual</i>		SH'BAM™ 11:00 - 11:45 <i>Virtual</i>	BODYCOMBAT™ 13:00 - 14:00 <i>Virtual</i>	
LUNCH	SPINNING® 12:15 - 13:00 <i>Tank</i>	BARRE CONDITIONING 12:15 - 13:00 <i>Sarah</i>	BODYPUMP™ 12:15 - 13:00 <i>Sue</i>	BODYPUMP™ 12:15 - 13:00 <i>Sarah</i>	VINYASA YOGA 12:15 - 13:15 <i>Charlie</i>	PILOXING® 14:15 - 14:45 <i>Virtual</i>
	LOW FU TAE BO 13:00 - 13:45 <i>Noel</i>	DRILL: 13:00-13:45 <i>Sarah</i>	INSANITY® 13:00 - 13:45 <i>Sue</i>	PILATES 13:15 - 14:00 <i>James</i>	HIIT Cycle 13:15 - 14:00 <i>Desmond</i>	BODYBALANCE™ 15:00 - 16:00 <i>Virtual</i>
	YOGA 14:15 - 15:00 <i>Virtual</i>	BODYPUMP™ 14:00 - 14:30 <i>Virtual</i>	PILATES 14:00 - 14:45 <i>Virtual</i>	SH'BAM™ 14:10 - 14:50 <i>Virtual</i>	STEP 14:15 - 15:15 <i>Virtual</i>	
BODYPUMP™ 15:10 - 15:55 <i>Virtual</i>	BODYCOMBAT™ 14:40 - 15:10 <i>Virtual</i>	CYCLE - HILLS 15:00 - 15:30 <i>Virtual</i>	CXWORX™ 15:00 - 15:30 <i>Virtual</i>	CXWORX™ 15:20 - 15:50 <i>Virtual</i>		
EVENING	3:5:15 17:30 - 17:45 <i>Fitness Team</i>	ZUMBA 15:30 - 16:00 <i>Virtual</i>	BODYCOMBAT™ 17:45 - 18:30 <i>Sue</i>	BODYPUMP™ 17:45 - 18:30 <i>Matt D</i>	SHIFT WIPEOUT 17:45 - 18:00 <i>Virtual</i>	
	SoATHLETIC 17:45 - 18:30 <i>Sarah</i>	INSANITY® 17:45 - 18:15 <i>Ellen</i>	PILATES 18:30 - 19:15 <i>Roger M</i>	BODYATTACK™ 18:30 - 19:15 <i>Matt D</i>	SHIFT PLYOGA 18:00 - 18:15 <i>Virtual</i>	
	BARRE CONDITIONING 18:30 - 19:30 <i>Sarah</i>	SoATHLETIC 18:15 - 19:00 <i>Arnaud</i>	3:5:15 17:25 - 17:40 <i>Fitness Team</i>	SH'BAM™ 19:30 - 20:15 <i>Virtual</i>	HATHA YOGA 18:30 - 19:30 <i>Lucia</i>	
	ASHTANGA YOGA 19:30 - 20:30 <i>Gandha</i>	SALSA 19:00 - 20:00 <i>Roger T</i>	HIIT Cycle 19:15 - 20:00 <i>Desmond</i>	BODYBALANCE™ 20:30 - 21:00 <i>Virtual</i>	CXWORX™ 19:45 - 20:15 <i>Virtual</i>	
	PRIVATE CLASS 20:30 - 21:30 <i>Studio</i>	BODYBALANCE™ 20:15 - 21:15 <i>Virtual</i>	CXWORX™ 20:10 - 20:40 <i>Virtual</i>			

KEY

NEW	SWEAT
CLASS, INSTRUCTOR OR TIME	
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com