



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING	★ DRILL: 07:30 - 08:00 <i>Nathan</i> <i>NEW</i>					★ BROKEN 09:30 - 10:45 <i>Yaw</i> <i>NEW</i>	
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LUNCH	3:5:15 PLUS 12:30 - 12:50 <i>Gym Fitness Team</i>	3:5:15 12:30 - 12:45 <i>Fitness Team</i>	3:5:15 PLUS 12:30 - 12:50 <i>Gym Fitness Team</i>	HATHA YOGA 12:45 - 13:30 <i>Tatjana</i>	3:5:15 12:30 - 12:45 <i>Fitness Team</i>	DHARMAMITTRA YOGA 11:00 - 12:30 <i>Clare</i>	3:5:15 12:45 - 13:00 <i>Fitness Team</i>
	SoFUNCTIONAL 12:45- 13:15 <i>Lorella</i>		HOT PILATES 12:45 -13:45 <i>Carl</i>			PRIVATE CLASS 13:30 - 15:00 <i>Studio</i>	

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

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com