



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	DRILL 07:30 - 08:00 <i>Nathan</i>					DHARMA MITTRA YOGA 11:00 - 12:30 <i>Clare</i>	
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>	SoATHLETIC 12:45 - 13:15 <i>Lorella</i>		3:5:15 12:45 - 13:00 <i>Fitness Team</i>
	BROKEN 12:45 - 13:15 <i>Yaw</i>		HOT PILATES 12:45 - 13:45 <i>Carl</i>				
EVENING	SoCORE 18:00-18:30 <i>Lorella</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

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