



|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------|---------|-----------|----------|--------|----------|--------|
|--|--------|---------|-----------|----------|--------|----------|--------|

| MORNING | <b>CIRCUIT</b><br>07:30 - 08:00<br><i>Nathan</i> | <b>DRILL:</b><br>07:30 - 08:00 <i>Gym</i><br><i>Desta</i><br><i>NEW</i> |  |  |  | <b>DRILL:</b><br>09:30 - 10:45<br><i>Yaw</i> |  |
|---------|--|---|--|--|--|--|--|
|---------|--|---|--|--|--|--|--|

| LUNCH | <b>3:5:15 PLUS</b><br>12:30 - 12:50 <i>Gym</i><br><i>Fitness Team</i><br><i>NEW</i> | <b>3:5:15</b><br>12:30 - 12:45<br><i>Fitness Team</i> | <b>3:5:15 PLUS</b><br>12:30 - 12:50 <i>Gym</i><br><i>Fitness Team</i><br><i>NEW</i> | <b>HATHA YOGA</b><br>12:45 - 13:30<br><i>Tatjana</i> | <b>3:5:15</b><br>12:30 - 12:45<br><i>Fitness Team</i> | <b>DHARMAMITRA YOGA</b><br>11:00 - 12:30<br><i>Clare</i> | <b>3:5:15</b><br>12:45 - 13:00<br><i>Fitness Team</i> |
|-------|---|---|---|--|---|--|---|
|       | <b>INSANITY®</b><br>12:45 - 13:15<br><i>Lorella</i>                                 |   | <b>HOT PILATES</b><br>12:45 - 13:45<br><i>Carl</i>                                  |  |   | <b>PRIVATE CLASS</b><br>13:30 - 15:00                    |   |

| EVENING | <b>SoCORE</b><br>18:00 - 18:30<br><i>Tony</i>          | <b>3:5:15</b><br>17:45 - 18:00<br><i>Fitness Team</i>  | <b>INSANITY®</b><br>18:00 - 18:30<br><i>Lorella</i>    | <b>DRILL:</b><br>18:00 - 18:45<br><i>Tony</i>            | <b>3:5:15</b><br>17:45 - 18:00<br><i>Fitness Team</i> |
|---------|--|--|--|--|---|
|         | <b>BODYPUMP™</b><br>18:30 - 19:30<br><i>Jade C</i>     | <b>SoATHLETIC</b><br>18:00 - 19:00<br><i>Tony</i>      | <b>BODYPUMP™</b><br>18:30 - 19:30<br><i>Pshemek</i>    | <b>BROGA® HOT YOGA</b><br>18:45 - 19:45<br><i>Matt M</i> | <b>CORE WHEEL</b><br>18:00 - 18:30<br><i>Tony</i>     |
|         | <b>PRIVATE CLASS</b><br>19:50 - 20:50<br><i>Studio</i> | <b>PRIVATE CLASS</b><br>20:15 - 21:15<br><i>Studio</i> | <b>PRIVATE CLASS</b><br>20:00 - 21:00<br><i>Studio</i> | <b>PRIVATE CLASS</b><br>20:00 - 21:00<br><i>Studio</i>   | <b>BODYPUMP™</b><br>18:30 - 19:30<br><i>Pshemek</i>   |

**KEY**

|   |              |
|---|--------------|
| <b>NEW</b><br>CLASS, INSTRUCTOR OR TIME | <b>SWEAT</b> |
| <b>FIGHT</b>                            | <b>SHAPE</b> |
| <b>DANCE</b>                            | <b>FOCUS</b> |

**Book online at [sohogyms.com](http://sohogyms.com)**