



|         | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|---------|---|---|---|---|---|---|--|
| MORNING | <b>BODYCOMBAT™</b><br>06:05 - 06:35<br>Virtual            | <b>CXWORX™</b><br>06:05 - 06:35<br>Virtual                | <b>BODYPUMP™</b><br>06:05 - 06:35<br>Virtual          | <b>CXWORX™</b><br>06:05 - 06:35<br>Virtual          | <b>BODYPUMP™</b><br>06:05 - 06:35<br>Virtual              | <b>BLITZ 60</b><br>08:30 - 09:30<br>Will L                | <b>BODYPUMP™</b><br>09:00 - 09:30<br>Virtual     |
|         | <b>BODYPUMP™</b><br>06:45 - 07:30<br>Sue                  | <b>INSANITY®</b><br>06:45 - 07:30<br>Will L               | <b>SPINNING®</b><br>06:45 - 07:30<br>Wayne            | <b>BODYATTACK™</b><br>06:45 - 07:30<br>Vanessa R    | <b>SPINNING®</b><br>06:45 - 07:30<br>Dee                  | <b>ZUMBA®</b><br>09:30 - 10:30<br>Michelle                | <b>HIIT TRAINING</b><br>10:00-10:45<br>Sophia    |
|         | <b>RPM™</b><br>08:00 - 08:45<br>Virtual                   | <b>CXWORX™</b><br>08:00 - 08:30<br>Virtual                | <b>RPM™</b><br>08:00 - 08:45<br>Virtual               | <b>CXWORX™</b><br>08:00 - 08:30<br>Virtual          | <b>RPM™</b><br>08:00 - 08:45<br>Virtual                   | <b>3:5:15</b><br>10:45 - 11:00<br>Fitness Team <b>NEW</b> | <b>SPINNING®</b><br>11:00 - 11:45<br>Sophia      |
|         | <b>YOGA</b><br>10:00 - 11:30<br>Virtual                   | <b>BODYPUMP™</b><br>10:00 - 11:00<br>Patricia             | <b>BODYBALANCE™</b><br>10:00 - 11:00<br>Virtual       | <b>YOGA</b><br>10:00 - 11:00<br>David               | <b>BODYPUMP™</b><br>10:00 - 11:00<br>Virtual              | <b>STEP</b><br>11:00 - 12:00<br>Sandra                    | <b>YOGA</b><br>12:00 - 13:00<br>Harrold          |
| LUNCH   | <b>3:5:15</b><br>12:30 - 12:45<br>Fitness Team <b>NEW</b> | <b>BODYCOMBAT™</b><br>11:10 - 12:10<br>Virtual            | <b>SPINNING®</b><br>12:30 - 13:15<br>Wayne <b>NEW</b> | <b>BODYPUMP™</b><br>12:30 - 13:30<br>Patricia       | <b>ZUMBA</b><br>12:30 - 13:00<br>Virtual                  | <b>PILATES</b><br>13:00 - 14:00<br>Allison                | <b>HIIT TRAINING</b><br>13:30 - 14:00<br>Virtual |
|         | <b>BODYCOMBAT™</b><br>12:30 - 13:00<br>Virtual            | <b>PILO KING®</b><br>12:30 - 13:00<br>Virtual             |   | <b>BODYCOMBAT™</b><br>13:40 - 14:40<br>Virtual      |   | <b>BODYPUMP™</b><br>14:30 - 15:00<br>Virtual              | <b>CXWORX™</b><br>14:30 - 15:00<br>Virtual       |
|         | <b>BODYPUMP™</b><br>13:30 - 14:30<br>Virtual              |   |   |   |   |   | <b>RPM™</b><br>15:30 - 16:15<br>Virtual          |
| EVENING | <b>CXWORX™</b><br>17:15 - 17:45<br>Virtual                | <b>RPM™</b><br>17:15 - 17:45<br>Virtual                   | <b>INSANITY®</b><br>17:30 - 18:00<br>Will L           | <b>BODYCOMBAT™</b><br>17:15 - 17:45<br>Virtual      | <b>RPM™</b><br>17:15 - 17:45<br>Virtual                   | <b>HIIT TRAINING</b><br>15:30 - 16:00<br>Virtual          | <b>BODYBALANCE™</b><br>16:30 - 17:30<br>Virtual  |
|         | <b>SPINNING®</b><br>18:00 - 18:45<br>Mandi <b>NEW</b>     | <b>3:5:15</b><br>17:45 - 18:00<br>Fitness Team <b>NEW</b> | <b>BODYPUMP™</b><br>18:00 - 19:00<br>Peter            | <b>SPINNING®</b><br>18:00 - 18:45<br>Eva <b>NEW</b> | <b>3:5:15</b><br>17:45 - 18:00<br>Fitness Team <b>NEW</b> | <b>CXWORX™</b><br>16:30 - 17:00<br>Virtual                |  |
|         | <b>INSANITY®</b><br>18:50 - 19:20<br>Will                 | <b>ZUMBA®</b><br>18:00 - 19:00<br>Mark                    | <b>SPINNING®</b><br>19:15 - 20:00<br>Peter            | <b>LTB</b><br>19:00 - 19:45<br>Eva                  | <b>BOX CIRCUIT</b><br>18:15 - 19:15<br>Poku               | <b>YOGA</b><br>17:30 - 18:00<br>Virtual                   |  |
|         | <b>BODYCOMBAT™</b><br>19:20 - 20:15<br>Jeni               | <b>HIIT TRAINING</b><br>19:00 - 19:45<br>Eva              | <b>SH'BAM™</b><br>20:15 - 20:45<br>Virtual            | <b>YOGA</b><br>20:00 - 20:30<br>Virtual             | <b>YOGA</b><br>19:15 - 20:15<br>Emma                      |   |  |
|         | <b>BODYPUMP™</b><br>20:15 - 21:15<br>Jeni                 | <b>BODYBALANCE™</b><br>20:00 - 21:00<br>Virtual           |   |   | <b>STREET DANCE</b><br>20:30 - 21:00<br>Virtual           |   |  |

**KEY**

|              |              |
|--------------|--------------|
| <b>NEW</b>   | <b>SWEAT</b> |
| <b>FIGHT</b> | <b>SHAPE</b> |
| <b>DANCE</b> | <b>FOCUS</b> |

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