



CLASSES

CLASS TIMETABLE

Begins:
Oct 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BODYCOMBAT™ 06:05 - 06:35 Virtual	BODYPUMP™ 06:05 - 06:35 Virtual	BODYPUMP™ 06:05 - 06:35 Virtual	BODYCOMBAT™ 06:05 - 06:35 Virtual	BODYPUMP™ 06:05 - 06:35 Virtual	BLITZ 60 08:30 - 09:30 Will L	BODYPUMP™ 09:00 - 09:30 Virtual
	BODYPUMP™ 06:45 - 07:30 Sue	BLITZ 45 06:45 - 07:30 Will L	SPINNING® 06:45 - 07:30 Petya	BODYATTACK™ 06:45 - 07:30 Vanessa R	SPINNING® 06:45 - 07:30 Dee	ZUMBA® 09:30 - 10:30 Michelle	NEW CYCLE - HILLS 09:15 - 10:00 Virtual
	CYCLE - ENDURANCE 08:00 - 08:45 Virtual	CXWORX™ 08:00 - 08:30 Virtual	CYCLE - HILLS 08:00 - 08:45 Virtual	CXWORX™ 08:00 - 08:30 Virtual	CYCLE - ENDURANCE 08:00 - 08:45 Virtual	NEW SPINNING® 10:00 - 10:45 Petya	HIIT TRAINING 10:00-10:45 Sophia
	YOGA 10:00 - 10:30 Virtual	BODYPUMP™ 10:00 - 11:00 Patricia	BODYCOMBAT™ 10:00 - 11:00 Virtual	HATHA YOGA 10:00 - 11:00 David	BODYPUMP™ 10:00 - 11:00 Virtual	3:5:15 10:45 - 11:00 Fitness Team	SPINNING® 11:00 - 11:45 Sophia
LUNCH	3:5:15 12:30 - 12:45 Fitness Team	BODYCOMBAT™ 11:10 - 12:10 Virtual	SPINNING® 12:30 - 13:15 Wayne	BODYPUMP™ 12:30 - 13:30 Patricia	ZUMBA 12:30 - 13:00 Virtual	SoATHLETIC 12:00 - 13:00 Sandra	VINYASSA YOGA 12:00 - 13:00 Harold
	BODYCOMBAT™ 12:30 - 13:00 Virtual	HIIT TRAINING 12:30 - 13:00 Virtual		BODYCOMBAT™ 13:40 - 14:40 Virtual		PILATES 13:00 - 14:00 Allison	HIIT TRAINING 13:30 - 14:00 Virtual
	BODYPUMP™ 13:30 - 14:30 Virtual					BODYPUMP™ 14:30 - 15:00 Virtual	BODYCOMBAT™ 14:30 - 15:00 Virtual
EVENING	SPINNING® 18:00 - 18:45 Mandi	CYCLE - INTERVALS 17:15 - 17:45 Virtual	HIIT TRAINING 17:30 - 18:00 Julianna	BODYCOMBAT™ 17:15 - 17:45 Virtual	CYCLE - INTERVALS 17:15 - 17:45 Virtual	ZUMBA® 15:30 - 16:00 Virtual	CYCLE - HILLS 15:30 - 16:15 Virtual
	NEW BODYPUMP™ 18:00 - 18:45 Debbie M	3:5:15 17:45 - 18:00 Fitness Team	BODYPUMP™ 18:00 - 19:00 Peter	SPINNING® 18:00 - 18:45 Eva	3:5:15 17:45 - 18:00 Fitness Team	PILATES 16:15 - 16:45 Virtual	BODYBALANCE™ 16:30 - 17:30 Virtual
	BLITZ 30 18:50 - 19:20 Will	ZUMBA® 18:00 - 19:00 Mark	NEW CYCLE - HILLS 18:15 - 19:00 Virtual	NEW HIIT TRAINING 18:00 - 18:50 Sunita	NEW BOX TRAINING 18:15 - 19:15 Poku	YOGA 17:30 - 18:00 Virtual	
	NEW CYCLE - ENDURANCE 19:00 - 19:45 Virtual	NEW SPINNING® 18:30 - 19:15 Petya	NEW BROKEN 19:00 - 19:45 Tony	NEW CYCLE - INTERVALS 19:00 - 19:30 Virtual	ASHTANGA YOGA 19:15 - 20:15 Mike L		
	BODYCOMBAT™ 19:20 - 20:15 Jeni	HIIT TRAINING 19:00 - 19:45 Eva	SPINNING® 19:15 - 20:00 Peter	LTB 19:00 - 19:45 Eva	STREET DANCE 20:30 - 21:00 Virtual		
	BODYPUMP™ 20:15 - 21:15 Jeni	NEW CYCLE - HILLS 20:00 - 20:30 Virtual	ZUMBA® 20:00 - 20:30 Virtual	YOGA 20:00 - 20:30 Virtual			
	BODYBALANCE™ 20:00 - 21:00 Virtual						

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS



Book online at sohogyms.com