



CLASSES

CLASS TIMETABLE

Begins:
Oct 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	BODYPUMP™ 07:15 - 08:00 A <i>Eleanor</i>	INSANITY® 07:15 - 07:45 A <i>Sue H</i>	SPINNING® 07:15 - 08:00 B <i>Kamil</i>	SPINNING® 07:15 - 08:00 B <i>Luca</i>	CYCLE-SOUNDS 07:15 - 08:00 B <i>Para</i>	CYCLE-HILLS 09:15 - 10:00 B <i>Virtual</i>
	HIIT-CYCLE 07:15 - 08:00 B <i>Mandi</i>	SPINNING® 07:15 - 08:00 B <i>Luca</i>	LTB 07:15 - 08:00 A <i>Amina</i>	CYCLE-INTERVALS 08:15 - 08:45 B <i>Virtual</i>	CYCLE - ENDURANCE 08:15 - 08:35 B <i>Virtual</i>	CYCLE-INTERVALS 10:30 - 11:15 B <i>Virtual</i>
	CYCLE - HILLS 08:15 - 08:45 B <i>Virtual</i>		CYCLE - HILLS 08:15 - 08:45 B <i>Virtual</i>			3:5:15 11:00 - 11:15 Gym <i>Fitness Team</i>
LUNCH	CYCLE-HILLS 12:00 - 12:45 B <i>Virtual</i>	LTB 12:15 - 13:00 A <i>Lorraine</i>	CYCLE-ENDURANCE 12:00 - 12:45 B <i>Virtual</i>	BODYPUMP™ 12:15 - 13:00 A <i>Edgar</i>	ZUMBA 12:15 - 13:00 A <i>Rosaria</i>	CYCLE - ENDURANCE 12:00 - 12:45 B <i>Virtual</i>
	INSANITY® 12:15 - 12:45 A <i>Sue H</i>	3:5:15 12:30 - 12:45 Track <i>Fitness Team</i>	HATHA YOGA 12:15 - 13:00 A <i>Kate</i>	3:5:15 PLUS 12:30 - 12:50 Track <i>Fitness Team</i>	3:5:15 12:30 - 12:45 Track <i>Fitness Team</i>	3:5:15 13:00 - 13:15 Gym <i>Fitness Team</i>
	3:5:15 12:30 - 12:45 Track <i>Fitness Team</i>	HIIT TRAINING 13:10 - 13:40 A <i>Jermaine</i>	BROKEN 13:05 - 13:45 <i>Rachelle</i>	CXWORX™ 13:00 - 13:30 A <i>George</i>	CYCLE-SOUNDS 13:05 - 13:45 B <i>Kamil</i>	CYCLE-INTERVALS 13:15 - 14:00 B <i>Virtual</i>
	CXWORX™ 12:45 - 13:15 A <i>Matt S</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Para</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Petya</i>	SPINNING® 13:05 - 13:45 B <i>Lorraine</i>	DRILL 13:10 - 13:40 A <i>Zee</i>	
	CYCLE-TOUR 13:05 - 13:45 B <i>Nadine</i>	CYCLE - ENDURANCE 14:00 - 15:00 B <i>Virtual</i>	3:5:15 PLUS 13:30 - 13:50 Track <i>Fitness Team</i>	CYCLE - ENDURANCE 14:00 - 15:00 B <i>Virtual</i>	CYCLE - ENDURANCE 15:00 - 15:45 B <i>Virtual</i>	
	CYCLE-INTERVALS 15:00 - 15:45 B <i>Virtual</i>	3:5:15 PLUS 14:00 - 14:20 Track <i>Fitness Team</i>	CYCLE-ENDURANCE 15:00 - 15:45 B <i>Virtual</i>	CYCLE-HILLS 15:15 - 15:45 B <i>Virtual</i>		
EVENING	CYCLE - HILLS 17:15 - 17:45 B <i>Virtual</i>	CYCLE-INTERVALS 15:15 - 15:45 B <i>Virtual</i>	CYCLE - ENDURANCE 17:00 - 17:30 B <i>Virtual</i>	CYCLE-INTERVALS 16:00 - 16:30 B <i>Virtual</i>	CYCLE - INTERVALS 17:00 - 17:30 B <i>Virtual</i>	
	BOX TRAINING 17:30 - 18:15 A <i>Zee</i>	CYCLE - HILLS 16:00 - 16:30 B <i>Virtual</i>	CARDIO 17:30 - 18:30 A <i>Lorraine</i>	CYCLE - HILLS 17:00 - 17:30 B <i>Virtual</i>	CYCLE-HILLS 17:45 - 18:15 B <i>Virtual</i>	
	HIIT-CYCLE 18:05 - 18:45 B <i>Kamil</i>	CYCLE - INTERVALS 17:00 - 17:30 B <i>Virtual</i>	CYCLE-HILLS 17:45 - 18:30 B <i>Virtual</i>	BROKEN 18:00 - 18:45 A <i>Rachelle</i>	CYCLE-INTERVALS 18:30 - 19:00 B <i>Virtual</i>	
	BODYCOMBAT™ 18:15 - 19:00 A <i>Veronica M</i>	SPINNING® 17:45 - 18:30 B <i>Yaw</i>	HIIT TRAINING 18:30 - 19:15 A <i>Jermaine</i>	SPINNING® 18:15 - 19:00 B <i>Caroline</i>	CYCLE - HILLS 19:15 - 19:45 B <i>Virtual</i>	
	CYCLE - ENDURANCE 19:00 - 19:30 B <i>Virtual</i>	BODYCOMBAT™ 18:15 - 19:00 A <i>Siu</i>	CYCLE-HILLS 18:45 - 19:15 B <i>Virtual</i>	CYCLE-HILLS 19:15 - 19:45 B <i>Virtual</i>		
PRIVATE CLASS 19:15 - 20:45 <i>Studio</i>	CYCLE - ENDURANCE 19:00 - 19:30 B <i>Virtual</i>	CYCLE - INTERVALS 19:30 - 20:00 B <i>Virtual</i>				

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com