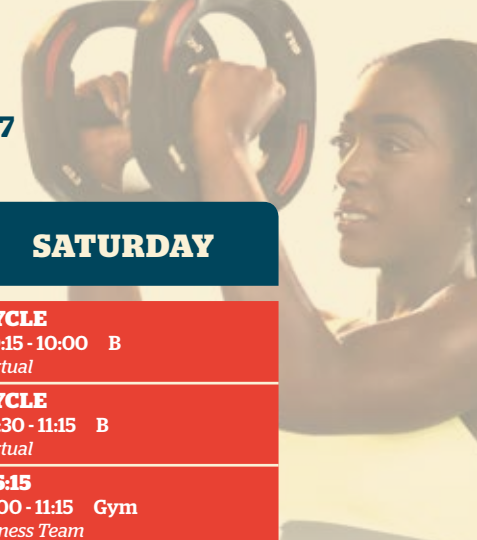




CLASSES

CLASS TIMETABLE

Begins:
March 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>Luke S</i>	SPINNING® 07:15 - 08:00 B <i>Luca</i>	CYCLE-SOUNDS 07:15 - 08:00 B <i>Para</i>	CYCLE 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>Maria</i>	RPM™ 08:15 - 08:45 <i>Virtual</i>	CYCLE 08:15 - 08:35 <i>Virtual</i>	CYCLE 10:30 - 11:15 B <i>Virtual</i>
	CYCLE 08:15 - 08:45 <i>Virtual</i>	RPM™ 08:15 - 08:45 <i>Virtual</i>	CYCLE 08:15 - 08:45 <i>Virtual</i>			3:5:15 11:00 - 11:15 Gym <i>Fitness Team</i>
LUNCH	RPM™ 12:00 - 12:45 <i>Virtual</i>	LTB 12:15 - 13:00 A <i>Lorraine</i>	RPM™ 12:00 - 12:45 <i>Virtual</i>	BODYPUMP™ 12:15 - 13:00 A <i>Edgar</i>	RPM™ 12:00 - 12:45 <i>Virtual</i>	RPM™ 12:00 - 12:45 <i>Virtual</i>
	INSANITY® 12:15 - 12:45 A <i>Sue</i>	HIIT TRAINING 13:10 - 13:40 A <i>Jermaine</i>	YOGA 12:15 - 13:00 A <i>Kate</i>	CXWORX™ 13:00 - 13:30 A <i>Matt S</i>	ZUMBA 12:15 - 13:00 A <i>Rosaria</i>	3:5:15 13:00 - 13:15 Gym <i>Fitness Team</i>
	CXWORX™ 12:45 - 13:15 A <i>Matt S</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Para</i>	STEP 13:05 - 13:45 <i>Debbie</i>	SPINNING® 13:05 - 13:45 B <i>Lorraine</i>	CYCLE-SOUNDS 13:05 - 13:45 B <i>Rich</i>	RPM™ 13:15 - 14:00 B <i>Virtual</i>
	CYCLE-TOUR 13:05 - 13:45 B <i>Nadine</i>	CYCLE 14:00 - 15:00 <i>Virtual</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Petya</i>	CYCLE 14:00 - 15:00 <i>Virtual</i>	HIIT TRAINING 13:10 - 13:40 A <i>Zee</i>	
	RPM™ 15:00 - 15:45 <i>Virtual</i>	RPM™ 15:15 - 15:45 <i>Virtual</i>	RPM™ 15:00 - 15:45 <i>Virtual</i>	RPM™ 15:15 - 15:45 <i>Virtual</i>	RPM™ 15:00 - 15:45 <i>Virtual</i>	
EVENING	CYCLE 17:15 - 17:45 <i>Virtual</i>	RPM™ 16:00 - 16:30 <i>Virtual</i>	CYCLE 17:00 - 17:30 <i>Virtual</i>	RPM™ 16:00 - 16:30 <i>Virtual</i>	CYCLE 17:00 - 17:30 <i>Virtual</i>	
	3:5:15 17:30 - 17:45 Gym <i>Fitness Team</i>	CYCLE 17:00 - 17:30 <i>Virtual</i>	RPM™ 17:45 - 18:30 <i>Virtual</i>	CYCLE 17:00 - 17:30 <i>Virtual</i>	RPM™ 17:45 - 18:15 <i>Virtual</i>	
	BOXING TRAINING 17:45 - 18:30 A <i>Zee</i>	SPINNING® 17:45 - 18:30 B <i>Michelle N</i>	CARDIO 17:30 - 18:30 A <i>Lorraine</i>	SPINNING® 17:45 - 18:30 B <i>Caroline</i>	3:5:15 18:15 - 18:30 Gym <i>Fitness Team</i>	
	HIIT-CYCLE 18:05 - 18:45 B <i>Kamil</i>	BODYCOMBAT™™ 18:15 - 19:00 A <i>Siu</i>	HIIT TRAINING 18:30 - 19:15 A <i>Jermaine</i>	CYCLE 18:45 - 19:15 <i>Virtual</i>	RPM™ 18:30 - 19:00 <i>Virtual</i>	
	BODYATTACK™™ 18:30 - 19:15 A <i>Georgie</i>	RPM™ 19:00 - 19:30 <i>Virtual</i>	RPM™ 18:45 - 19:15 <i>Virtual</i>	RPM™ 19:30 - 19:45 <i>Virtual</i>	CYCLE 19:15 - 19:45 <i>Virtual</i>	
	CYCLE 19:00 - 19:30 <i>Virtual</i>	PRIVATE CLASS 19:15 - 20:30 <i>Studio</i>	CYCLE 19:30 - 20:00 <i>Virtual</i>			
	PRIVATE CLASS 19:15 - 20:45 <i>Studio</i>		PRIVATE CLASS 19:15 - 20:45 <i>Studio</i>			

KEY

- NEW** CLASS, INSTRUCTOR OR TIME
- SWEAT**
- FIGHT**
- SHAPE**
- DANCE**
- FOCUS**

Book online at sohogyms.com

