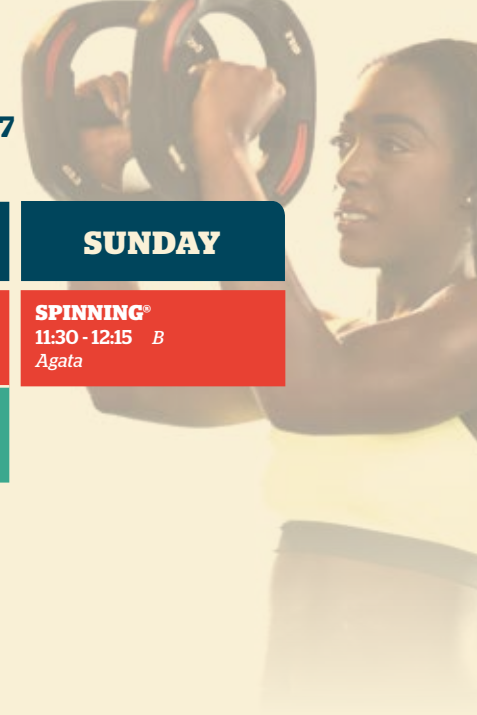


CLASS TIMETABLE

Begins:
March 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 07:15 - 08:00 B Michelle N	BODYPUMP™ 07:15 - 08:15 A Jordan	DRILL: 07:30 - 08:15 A Desta NEW	VINYASA FLOW YOGA 07:30 - 08:30 D Ania	SPINNING® 07:15 - 08:00 B Michelle N	CYCLE Tour 10:00 - 10:45 B Tim	SPINNING® 11:30 - 12:15 B Agata
		ASHTANGA YOGA 07:30 - 08:30 D Michael		SPINNING® 07:30 - 08:15 B Hayley		BODYPUMP™ 10:50 - 11:50 A Andrew	
LUNCH	SPINNING® 12:45 - 13:15 B Daz NEW	BODYPUMP™ 12:30 - 13:15 A Diomideia	SO CORE 12:45 - 13:15 A Tony	BODYPUMP™ 12:30 - 13:15 A Matt P	HIIT TRAINING 12:30 - 13:15 A Marianna		
	INSANITY® 13:15 - 13:45 A Abbie	CYCLE Tour 12:45 - 13:15 B Lucil NEW	HIIT Cycle 12:45 - 13:15 B Mandi NEW	SPINNING® 13:00 - 13:45 B Renee	CXWORX™ 13:15 - 13:45 A Marianna		
	PILATES 13:00 - 14:00 D Adrian	BROGA® FITNESS YOGA 12:45 - 13:30 D Matt M	SO ATHLETIC 13:15 - 13:45 A Tony	HATHA YOGA 13:00 - 13:45 D Simon			
		CXWORX™ 13:15 - 13:45 A Diomideia		DRILL: 13:15 - 13:45 A Kinga NEW			
EVENING	3:5:15 17:45 - 18:00 Gym Fitness Team	CXWORX™ 17:40 - 18:10 A Diomideia	3:5:15 17:45 - 18:00 Gym Fitness Team	INSANITY® 18:00 - 18:30 A Will	HIIT Cycle 18:15 - 19:00 B Luis		
	BODYATTACK™ 17:45 - 18:15 A Casey	BODYCOMBAT™ 18:10 - 18:55 A Diomideia	BODYPUMP™ 17:45 - 18:30 A John S NEW	CYCLE Sounds 18:30 - 19:15 B Tim			
	VINYASA YOGA 18:00 - 19:15 D Alex	PILATES 18:30 - 19:30 D Fleur	ASHTANGA YOGA 18:00 - 19:00 D Michael	BODYPUMP™ 18:30 - 19:30 A Olivia			
	BODYPUMP™ 18:15 - 19:15 A Casey	SPINNING® 18:45 - 19:30 B Caroline	SPINNING® 18:00-18:45 B Michelle N	VINYASA YOGA 18:30 - 19:30 D Gandha			
	HIIT Cycle 18:30 - 19:15 B Jordan	DRILL: 19:00 - 19:30 D Gosia P NEW	STEP 18:30 - 19:15 A John S NEW	PRIVATE CLASS 19:30 - 21:00 A Studio			
	PRIVATE CLASS 19:45 - 21:00 A Studio	PRIVATE CLASS 19:45 - 21:00 A Studio	PRIVATE CLASS 19:30 - 20:30 A Studio				

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

Book online at sohogyms.com