



CLASSES

CLASS TIMETABLE

Begins:
Oct 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 07:15 - 08:00 B <i>Michelle N</i>	BODYPUMP™ 07:15 - 08:00 A <i>Jordan</i>	DRILL 07:30 - 08:15 A <i>Desta</i>	SPINNING® 07:30 - 08:15 B <i>Hayley</i>	SPINNING® 07:15 - 08:00 B <i>Michelle N</i>	CYCLE Sounds 10:00 - 10:45 B <i>Tim</i>	SPINNING® 10:30 - 11:15 B <i>Jordan</i>
		ASHTANGA YOGA 07:30 - 08:30 D <i>Michael</i>		VINYASA FLOW YOGA 07:30 - 08:30 D <i>Ania</i>		BODYPUMP™ 10:50 - 11:50 A <i>Andrew</i>	
LUNCH	SPINNING® 12:45 - 13:15 B <i>Daz</i>	BODYPUMP™ 12:30 - 13:15 A <i>Diomideia</i>	CORE WHEEL 12:45 - 13:15 A <i>Tony</i>	BODYPUMP™ 12:30 - 13:15 A <i>Matt P</i>	HIIT TRAINING 12:30 - 13:15 A <i>Marianna</i>		
	INSANITY® 13:15 - 13:45 A <i>Abbie</i>	CYCLE Sounds 12:45 - 13:15 B <i>Tim</i>	HIIT Cycle 12:45 - 13:15 B <i>Mandi</i>	SPINNING® 13:00 - 13:45 B <i>Renee</i>	SoCORE 13:15 - 13:45 A <i>Marianna</i>		
	PILATES 13:00 - 14:00 D <i>Adrian</i>	BROGA® FITNESS YOGA 12:45 - 13:30 D <i>Matt M</i>	SoATHLETIC 13:15 - 13:45 A <i>Tony</i>	HATHA YOGA 13:00 - 13:45 D <i>Simon</i>			
EVENING		SoCORE 13:15 - 13:45 A <i>Diomideia</i>		DRILL 13:15 - 13:45 A <i>Gosia P</i>			
	3:5:15 PLUS 17:45 - 18:05 Gym <i>Fitness Team</i>	SoCORE 17:40 - 18:10 A <i>Diomideia</i>	3:5:15 PLUS 17:45 - 18:05 Gym <i>Fitness Team</i>	BROKEN 18:00 - 18:30 A <i>Will L</i>	HIIT Cycle 18:15 - 19:00 B <i>Luis</i>		
	BODYATTACK™ 17:45 - 18:30 A <i>Vicky T</i>	3:5:15 PLUS 17:45 - 18:05 Gym <i>Fitness Team</i>	BODYPUMP™ 17:45 - 18:30 A <i>John S</i>	CYCLE Sounds 18:30 - 19:15 B <i>Tim</i>			
	VINYASA YOGA 18:00 - 19:15 D <i>Rosemarie</i>	BODYCOMBAT™ 18:10 - 18:55 A <i>Diomideia</i>	ASHTANGA YOGA 18:00 - 19:00 D <i>Michael</i>	BODYPUMP™ 18:30 - 19:30 A <i>Olivia</i>			
	BODYPUMP™ 18:30 - 19:30 A <i>Casey</i>	PILATES 18:30 - 19:30 D <i>Fleur</i>	SPINNING® 18:00-18:45 B <i>Michelle N</i>	VINYASA YOGA 18:30 - 19:30 D <i>Gandha</i>			
	HIIT Cycle 18:30 - 19:15 B <i>Gordon</i>	SPINNING® 18:30 - 19:15 B <i>Caroline</i>	STEP 18:30 - 19:15 A <i>John S</i>	PRIVATE CLASS 19:30 - 21:00 A <i>Studio</i>			
PRIVATE CLASS 19:45 - 21:00 A <i>Studio</i>	PRIVATE CLASS 19:45 - 21:00 A <i>Studio</i>	PRIVATE CLASS 19:30 - 20:30 A <i>Studio</i>					

KEY

NEW CLASS, INSTRUCTOR OR TIME	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

 **Book online at sohogyms.com**