

Soho Farmhouse

Gym Timetable



SOHO FARMHOUSE

OXFORDSHIRE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45am House Ripped <i>Studio - Steph</i>	8am House HIIT <i>Studio - Bebe</i>	9.30am House Ride Results <i>House Ride Studio - Christina</i>	8.30am House HIIT <i>Studio - Lynsey</i>	9.30am Lower Body & Core <i>Studio - Bebe</i>	8am HIIT <i>Studio - Szabina</i>	9.30am House Ride Results <i>House Ride Studio - Christina</i>
8.30am House HIIT <i>Studio - Lynsey</i>	9.30am House Ride Results <i>House Ride Studio - Lucy</i>	9.30am House Ripped <i>Studio - Steph</i>	9.30am House Ride Results <i>House Ride Results - Liz</i>	9.30 am House Ride Results <i>House Ride Studio - Kate</i>	9.30am House Ride Results <i>House Ride Studio - Alex</i>	9.30am Vinyasa Flow <i>Studio - Vicky</i>
9.30am House Ride Results <i>House Ride Studio - Kate</i>	9.30am Lower Body & Core <i>Studio - Bebe</i>	10am Ladies Advanced Tennis <i>Tennis Courts - Adam</i>	9.30am Pilates & Stretch <i>Studio - Reas</i>	10am Men's Hitters Tennis <i>Tennis Courts - Adam</i>	9.30 am Functional Pilates <i>Studio - Szabina</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>
9.30am Vinyasa Yoga <i>Studio - Vicky</i>	10am Ladies Improver Tennis <i>Tennis Courts - Adam</i>	10.30am Barre Fitness <i>Studio - Steph</i>	10am Ladies Beginner Tennis <i>Tennis Courts - Adam</i>	11am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am House Ride Rhythm <i>House Ride - Alex</i>	
11am House Ride Rhythm <i>House Ride Studio - Kate</i>	10.45am House Sculpt <i>Studio - Lynsey</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>	11am Functional Yoga <i>Studio - Julia</i>	12pm Fitness Yoga <i>Studio - Kate</i>	11am Vinyasa Flow <i>Studio - Vicky</i>	
12pm Fitness Yoga <i>Studio - Kate</i>	11am House Ride Rhythm <i>House Ride Studio - Lucy</i>	12pm Yoga Flow <i>Studio - Nikki</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	1.30pm Cardio Dance <i>Studio - Steph</i>		
5pm Restorative Yoga <i>Studio - Nikki</i>		7pm House Ride Results <i>House Ride Studio - Christina</i>	11.30am Ladies Improver Tennis <i>Tennis Courts - Adam</i>			
6.15pm House Ride Results <i>House Ride Studio - Liz</i>						

