

Soho Farmhouse

Gym Timetable - February



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 Ripped <i>Studio - Steph</i>	8:30am Circuits <i>Studio - Lynsey</i>	6:45am House Ride Fusion <i>House Ride Studio - Christina</i>	8:30am Bootcamp <i>Gym Floor - Leagha</i>	8:15am Dynamic Vinyasa Flow <i>Studio - Vicky</i>
8:30am Bootcamp <i>Gym Floor - Leagha</i>	8:30am Mens Hitters Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Results <i>House Ride Studio - Christina</i>	9:30am Pilates & Stretch <i>Studio - Reas</i>	7:30am Pilates <i>Studio - Eileen</i>	9:30am Dynamic Pilates <i>Studio - Alexandra</i>	9:30am Dynamic Vinyasa Flow <i>Studio - Vicky</i>
9:30am Fitness Yoga <i>Studio - Kate</i>	9:30am Lower Body & Core <i>Studio - Bebe</i>	10am Ladies Advanced Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Results <i>House Ride Studio - Liz</i>	9:30am Lower Body & Core <i>Studio - Bebe</i>	9:30am House Ride Results <i>House Ride Studio - Alex</i>	9:30am House Ride Results <i>House Ride Studio - Christina</i>
10am Ladies Beginner Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Results <i>House Ride Studio - Alex</i>	10:30am Barre Fitness <i>Studio - Steph</i>	10am Ladies Improver Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Results <i>House Ride Studio - Kate</i>	11am Vinyasa Flow <i>Studio - Vicky</i>	11am Yoga Flow <i>Studio - Rhi</i>
11am Pilates <i>Studio - Steph</i>	10am Ladies Intermediate Tennis <i>Tennis Courts - Adam</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>	11am Sculpt Method <i>Studio - Lynsey</i>	10am Mens Hitters Tennis <i>Tennis Courts - Adam</i>	11am House Ride Rhythm <i>House Ride Studio - Alex</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>
11am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am Pilates <i>Studio - Eileen</i>	11:45am Yoga Flow <i>Studio - Nikki</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	11am Stretch Method <i>Studio - Lynsey</i>		
2:30pm Tennis Club Afternoon <i>Tennis Courts - Adam</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	12:45pm Mindful Meditation <i>Studio - Nikki</i>	11:30am Ladies Improver Tennis <i>Tennis Courts - Adam</i>	11am House Ride Rhythm <i>House Ride Studio - Kate</i>		
5pm Restorative Yoga <i>Studio - Nikki</i>	12:30pm Vinyasa Flow <i>Studio - Rhys</i>	7pm House Ride Results <i>House Ride Studio - Christina</i>	12:30pm Dynamic Pilates <i>Studio - Alexandra</i>	12pm Fitness Yoga <i>Studio - Kate</i>		
6:15pm House Ride Results <i>House Ride Studio - Liz</i>	6:30pm Pure Pilates <i>Studio - Reas</i>		6:15pm Box HIIT <i>Studio - Matt</i>	1:30pm Cardio Dance <i>Studio - Steph</i>		