

# 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 Circuits <i>Studio - Lynsey</i>	9.30am Lower Body & Core <i>Studio - Bebe</i>	9.30am Dynamic Pilates <i>Studio – Alex</i>	9.30am House Ride Results <i>House Ride Studio - Christina</i>
8:00am Box HIIT <i>Studio – Leagha</i>	8:30am Men’s Hitters Tennis <i>Tennis Courts - Adam</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 Dynamic Vinyasa Flow <i>Studio - Vicky</i>
9.30am Fitness Yoga <i>Studio – Kate</i>	9.30am House Ride Results <i>House Ride Studio - Alex</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>	10:30 am Circuits <i>Gym - Bebe</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>
10am Ladies Beginner Tennis <i>Tennis Courts – Adam</i>	9.30am Lower Body & Core <i>Studio - Bebe</i>	10.30am Barre Fitness <i>Studio - Steph</i>	10am Ladies Improver 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 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 House Ride Rhythm <i>House Ride Studio - Liz</i>	12pm Fitness Yoga <i>Studio - Kate</i>	11am Vinyasa Flow <i>Studio - Vicky</i>	
11am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am House Ride Rhythm <i>House Ride Studio – Liz</i>	12pm Yoga Flow <i>Studio - Nikki</i>	11.30am Ladies Intermediate Tennis <i>Tennis Courts – Adam</i>	1.30pm Cardio Dance <i>Studio - Steph</i>		
5pm Restorative Yoga <i>Studio - Nikki</i>	11am Pilates <i>Studio- Eileen</i>	7pm House Ride Results <i>House Ride Studio - Christina</i>	6.15pm Box HiiT <i>Studio – Matt</i>			
6.15pm House Ride Results <i>House Ride Studio - Liz</i>			6:30pm Tennis Club Night <i>Tennis courts - Adam</i>			