

The Third Space in Soho - Autumn 2011

monday

time	Class	area	level
7.15-8.15	Vinyasa Flow Yoga	Studio	All
7.30-8.15	Spin	Spin Floor	All
8.15-8.30	Core Class	Glass Floor	All
12.15-13.00	Kettlebells	Boxing Ring	1/2
12.15-13.15	Yoga Basic	Dojo	1
12.30-13.15	SCS	Studio	1/2
12.30-13.15	Body Sculpt	Glass Floor	All
12.30-13.15	DJ Spin	Spin Floor	2/3
13.00-14.00	Fight Club	Boxing Ring	I.O.*
13.15-13.30	Core Class	Glass Floor	All
13.15-14.00	Legs Bums & Tums	Studio	All
13.15-14.00	Gyrokinesis	Dojo	1
17.30-18.00	Stamina Swim	Pool	3
17.45-18.30	Antenatal Yoga	Dojo	Specialist
18.00-18.45	Zumba	Studio	All
18.15-19.15	DJ Spin	Spin Floor	2/3
18.30-19.15	Intermediate Swim	Pool	2
18.30-19.15	TRX	Glass Floor	2
18.30-19.30	Pilates	Dojo	1
18.30-19.30	Kickboxing	Boxing Ring	All
19.00-20.00	Vinyasa Power Yoga	Studio	2
19.15-19.30	Core Class	Glass Floor	All
19.30-20.30	Running Club	Reception	2/3
19.30-20.30	Brazilian Jiu Jitsu	Dojo	1

tuesday

time	Class	area	level
7.15-8.15	Interval Spin	Spin Floor	3
7.30-8.15	Advanced Swim	Pool	3
7.30-8.15	Kettlebells	Dojo	2/3
7.45-8.15	TRX	Glass Floor	All
7.45-8.45	Yoga Sports	Studio	2/3
8.15-8.30	Core Class	Glass Floor	All
12.00-13.00	Nike Training Club	Studio	All
12.15-13.00	Mat Pilates	Dojo	All
12.15-13.00	Swim Technique	Pool	1/2
12.30-13.15	Step & Tone	Studio	3
12.30-13.15	TRX	Glass Floor	1/2
12.30-13.15	Kickboxing	Boxing Ring	1/2
12.30-13.15	DJ Spin	Spin Floor	All
13.00-13.45	Meditation in Motion	Dojo	All
13.15-13.30	Core Class	Glass Floor	All
13.15-14.15	M-Powering Yoga	Studio	2/3
13.30-14.00	G-Cardio	CV Floor	All
18.00-18.45	Climbing	Climbing Wall	1
18.00-19.00	Yoga Flow	Dojo	All
18.15-19.15	DJ Spin	Spin Floor	2/3
18.15-19.15	"Bitch" Boxing	Boxing Ring	All
18.30-19.15	Hula Hoop	Glass Floor	All
18.30-19.30	SCS	Studio	2/3
18.45-19.30	Intermediate Climb	Climbing Wall	2
19.15-19.30	Core Class	Glass Floor	All
19.15-20.15	Muay Thai Kickboxing	Boxing Ring	2/3
19.30-20.30	G-Jam Dance	Studio	2/3
19.30-21.00	Brazilian Jiu Jitsu	Dojo	2/3

wednesday

time	Class	area	level
7.00-8.00	Vinyasa Flow Yoga	Dojo	All
7.30-8.15	Spin	Spin Floor	All
7.30-8.15	Hardcore	Studio	All
8.00-8.45	Mat Pilates	Dojo	All
8.15-8.30	Core Class	Glass Floor	All
12.15-13.00	G-Cardio Abs	CV Floor	2/3
12.15-13.15	Antenatal Yoga	Dojo	Specialist
12.15-13.15	Mat Pilates	Studio	1/2
12.30-13.00	Spin Express	Spin Floor	1/2
12.30-13.00	TRX	Glass Floor	All
12.30-13.00	Turbo Training	CV Floor	2/3
12.30-13.30	Boxing	Boxing Ring	1/2
13.00-13.30	Hardcore Abs	Glass Floor	All
13.00-14.00	Climbing	Climbing Wall	All
13.15-14.00	Hit SCS Express	Studio	All
13.15-14.15	Hatha Yoga	Dojo	2/3
13.30-14.30	Fight Club	Boxing Ring	I.O.*
18.00-19.00	Yogatone	Studio	2/3
18.15-19.00	Pole Flow	Dojo	2/3
18.15-19.15	Boxing	Boxing Ring	1/2
18.30-19.15	Grand Circuit	Glass Floor	3
18.30-19.15	DJ Spin	Spin Floor	All
18.30-20.00	Park Fitness**	Reception	All
19.15-19.30	Core Class	Glass Floor	All
19.15-20.15	Pilates	Dojo	1
19.20-20.20	StreetFunk	Studio	All
19.30-21.00	Kung Fu**	Glass Floor	£
19.35-20.05	Hypoxic 5	Hypoxic	2/3

thursday

time	Class	area	level
7.15-8.00	Ibiza House Spin	Spin Floor	All
7.30-8.15	Swim Skills & Drills	Pool	2/3
7.30-8.30	Kundalini Yoga	Studio	All
7.30-8.30	Boxing	Dojo	All
8.00-8.15	Stretch	Glass Floor	All
12.15-13.00	Spin	Spin Floor	All
12.15-13.15	Legs Bums & Tums	Studio	2/3
12.15-13.15	Mat Pilates	Dojo	2/3
12.45-13.45	Muay Thai Kickboxing	Boxing Ring	1/2
13.00-13.15	Core Class	Glass Floor	All
13.00-14.00	Hatha Yoga	Studio	1/2
13.15-14.00	Body Sculpt	Dojo	All
13.30-14.00	Hit Spin	Spin Floor	3
18.00-18.30	Swim	Pool	2/3
18.00-18.45	Intermediate Climb	Climbing Wall	2
18.00-18.45	SCS	Studio	All
18.00-19.00	Sivananda Yoga	Dojo	All
18.30-19.30	Swim	Pool	2/3
18.30-19.30	Boxing	Boxing Ring	All
18.45-19.30	Climbing	Climbing Wall	1
18.45-19.30	DJ Spin	Spin Floor	2/3
18.45-19.45	The Moves	Studio	All
19.00-19.30	MMA Conditioning	Dojo	All
19.30-19.45	Core Class	Glass Floor	All
19.30-21.00	Muay Thai Kickboxing	Dojo	1/2
19.35-20.35	Running Club	Reception	2/3
19.45-20.45	Dynamic Pilates	Studio	3

friday

time	Class	area	level
7.00-8.30	Vinyasa Flow Yoga	Studio	1/2
7.30-8.15	Rock 'n' Ride	Spin Floor	1/2
8.00-9.00	Mat Pilates	Dojo	All
8.15-8.30	Core Class	Glass Floor	All
12.00-13.00	Fight Club	Boxing Ring	I.O.*
12.15-13.00	SCS	Studio	All
12.15-13.00	Poleates	Dojo	1/2
12.30-13.15	Nike Training Club	Glass Floor	All
12.30-13.15	Spin	Spin Floor	All
13.15-13.30	Core Class	Glass Floor	All
13.15-14.00	Latin Aerobics	Studio	All
13.15-14.00	Boxing Circuits	Boxing Ring	All
13.15-14.00	Mat Pilates	Dojo	All
17.45-18.45	Mat Pilates	Dojo	All
18.00-19.00	Lyrical Stretch	Studio	All
18.15-19.15	Kickboxing	Boxing Ring	2/3
19.00-19.30	TRX / Conditioning	Glass Floor	All
19.00-20.00	Hatha Yoga	Studio	All

saturday

time	Class	area	level
9.30-10.30	Ashtanga Yoga	Studio	All
11.00-12.30	Stamina Spin	Spin Floor	3
12.00-13.00	Kickboxing	Dojo	1/2
12.30-13.00	Core Class	Glass Floor	All
13.30-15.00	Santangelo Yoga	Studio	2/3
16.00-17.00	Santangelo Yoga	Studio	1/2

sunday

time	Class	area	level
9.45-11.00	Ashtanga Yoga	Studio	All
11.00-12.00	Mat Pilates	Studio	All
11.15-12.00	Spin	Spin Floor	All
12.00-12.15	Core Class	Glass Floor	All
12.15-12.45	Core & Stretch	Studio	All
17.00-18.30	Vinyasa Flow Yoga	Studio	2/3

information

Level 1 Beginners
 Level 2 Intermediate
 Level 3 Advanced
 All Levels Suitable for everyone
 £ Fee Applies- please ask at Reception

Personal Instruction & Private Group Classes are available on request for the majority of classes.

All classes must be booked in advance either at Reception, by calling 020 7439 6333 (option1), online at thethirdspace.com, or by using the iPhone application.

Should you not be able to attend a class you have already booked into, please ring Reception or use the iPhone app to cancel your booking to allow other members to attend the class.

Activities and scheduling may be subject to change.

Alternative schedules will run on Bank Holidays.

New classes are marked in colour.

*by Invitation Only
 ** This class is open to non-members for £10.

