

SOHO ACTIVE WEEKLY CLASSES

sample schedule

ABOUT OUR CLASSES

HOUSE STRONG

45 minutes

Push, pull, squat, lunge, jump and slam. Increase your strength gains, improve muscle endurance and build immense power in this full body strength class.

H3 HIIT

45 minutes

An intensive fat burning full body workout! Guaranteed to sweat and increase your fitness level with short bouts of high intensity exercise.

MUAY THAI

45 minutes

Consists of bagwork, partner drills and body weight exercises for learning/improving your Muay Thai skills. Session also includes basic technique work and conditioning specific to Muay Thai which caters to all levels.

HOUSE BARRE

50 minutes

House Barre gives you a full-body workout founded on the technique of dance, the mindbody aspect of yoga, and the precision and core integration of Pilates.

YOGALATES

50 minutes

A dynamic class of yoga asanas and Pilates exercise. Targeted muscle engagement, stretching and deep breathing will help to build strength and awareness at the very core of the body.

MEDITATE & STRETCH

50 minutes

This interactive class will help relax your mind and body with tension-release stretches, mindfulness methods, breathing techniques you can use anywhere.

	MON	TUE	WED	THU	FRI	SAT	SUN
7:15AM	MUAY THAI		MUAY THAI	MUAY THAI			
7:45AM	VINYASA I		HOUSE STRONG		VINYASA I		
10AM	HOUSE STRONG	HOUSE STRONG	HOUSE STRONG				
10:15AM					MUAY THAI	10:30AM HOUSE STRONG H3 HIIT	BOXING HIIT
11AM	YIN YANG						
12PM					HOUSE STRONG HOUSE BARRE		
12:15PM	MUAY THAI HOUSE STRONG	H3 HIIT	MUAY THAI YOGALATES		MUAY THAI		
12:30PM	VINYASA			H3 HIIT			
1PM		VINYASA					
5:30PM				STRETCH & MEDITATE			
6:30PM	H3 HIIT		HOUSE STRONG	CORE FLOW			
6:45PM		HOUSE STRONG		HOUSE STRONG			
7:30PM	HOUSE STRONG		H3 HIIT				