

SOHO ACTIVE CLASS 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.

H3 COMBAT

45 minutes

Boxing and HIIT class featuring two stations and three circuits on each.

MOBILITY

50/60 minutes

Release muscle tightness and ease fatigue with our trigger point and functional movement conditioning class.

PRIMAL FLOW

50/60 minutes

A series of body weight movement mimicking animal patterns to test the bodies fluidity, range and overall physical strength.

HOUSE BARRE

50 minute

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

	MON	TUE	WED	THU	FRI	SAT	SUN
7:15AM	H3 COMBAT HOUSE STRONG	H3 HIIT	H3 COMBAT RISE AND SHINE	HOUSE STRONG HOUSE BARRE HIIT	H3 COMBAT RISE AND SHINE	10AM H3 HIIT	H3 HIIT
8:15AM	POWER YOGA II	PRIMAL FLOW II	HOUSE STRONG	VINYASA I	H3 HIIT	11AM HOUSE STRONG	HOUSE STRONG
12:15PM	H3 COMBAT VINYASA II	MOBILITY	H3 COMBAT HOUSE STRONG	ALIGNMENT I H3 HIIT	HOUSE STRONG	11:30AM ALIGNMENT I	
1:15PM	YOGALATES		YOGALATES	VINYASA I	PRIMAL FLOW I	1PM MOBILITY	
6:45PM			VINYASA I				
7PM	HOUSE STRONG VINYASA I	H3 HIIT HOUSE BARRE	HOUSE STRONG	H3 HIIT	ALIGNMENT I		