



Soho Active Shoreditch

To welcome back as many members as possible while still managing capacity, you will need to attend within a 90 minute time slot to visit the Gym. For your health and safety there will be a 30 minute gap between each session for deep cleaning of equipment, shared workout areas and changing rooms.

Monday to Friday

6.30 till 8am

8.30 till 10 am

10.30am till 12pm

12.30 till 2pm

2.30 till 4pm

4.30 till 6pm

6.30 till 9pm

Saturday & Sunday

8am till 9.30am

10am till 11.30am

12pm till 1.30pm

2pm till 3.30pm

4pm till 5.30pm

6pm till 7.30pm