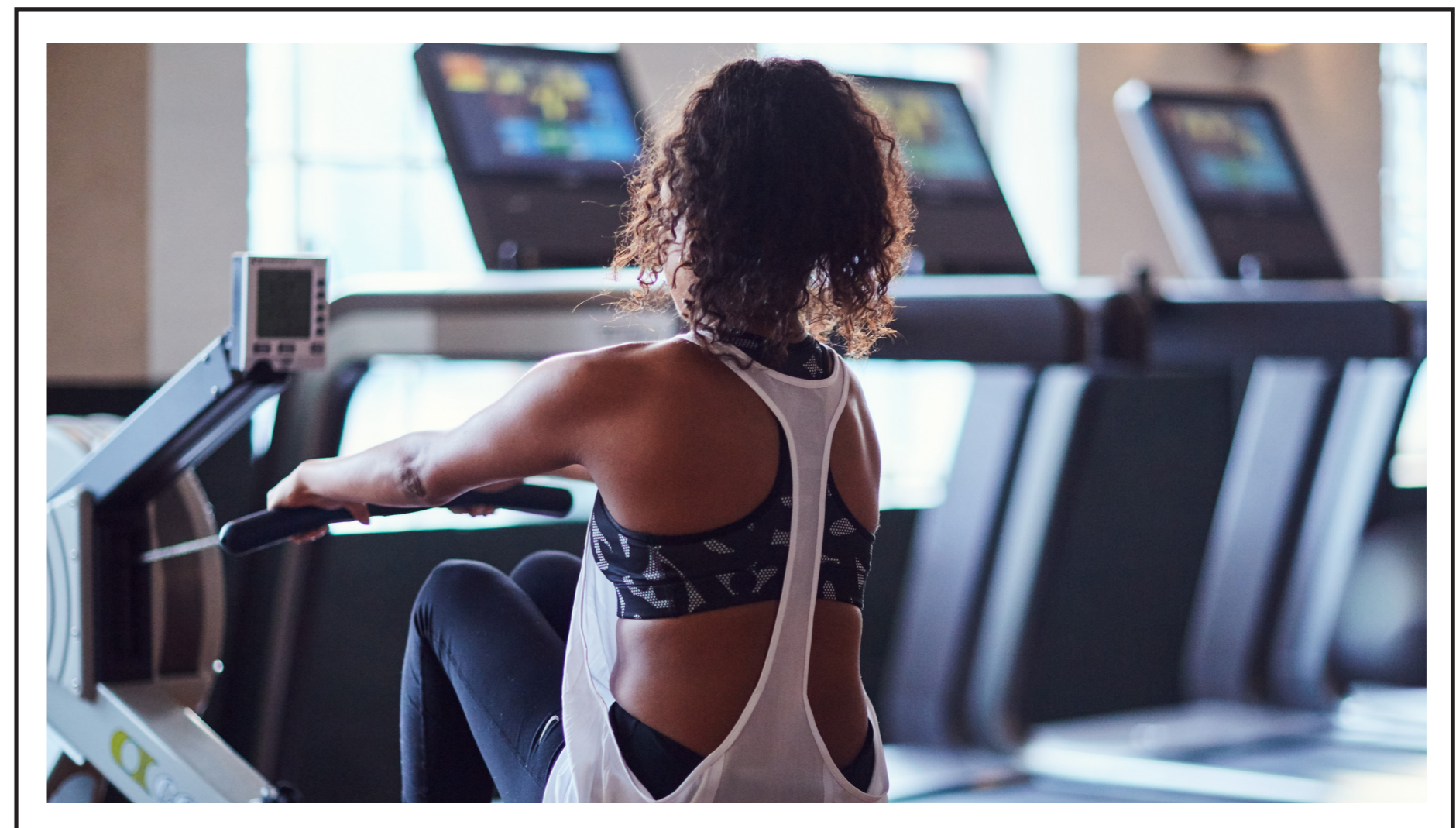


Soho Active timetable

Shoreditch House

Book a class via the members' app
or visit members.sohohouse.com



Monday

7am
Vinyasa flow yoga with Fran

8am
Circuit by Core Collective

9.30am
Row by Core Collective

10.30am
Pilates with Kelly

12pm
Boxing with Mark

1.30pm
Vinyasa flow yoga with Kelly

6pm
AYB party with Frazer

7pm
Dance beat with Frazer

Friday

7am
Vinyasa Flow Yoga with Tamara

8am
Circuit by Core Collective

9.30am
Row by Core Collective

10.30am
Power yoga with Tamara

12pm
Boxing with Mark

1.30pm
Pilates with Alli

5.30pm
Kettlebells with Peter

5.30pm
Strength with Peter

Tuesday

7am
Tone with Viv

8am
Shape with Viv

9.30am
Kettlebells with Dom

10.30am
Sweat stretch with Dom

12pm
Power Yoga with Tamara

1.30pm
House sculpt with Dom

5.30pm
12x3 gloves on with Ryan

6.30pm
Pilates with Alli

Saturday

9am
Mandala Yoga with Fran

10.15am
Yin and Meditation with Fran

11.30am
Circuit by Core Collective

12.30pm
Row by Core Collective

Wednesday

7am
Row by Core Collective

8am
Rocket yoga with Miles

9.30am
Circuit by Core Collective

10.30am
WOD with Matt

12pm
Boxing with Mark

1.30pm
AYB body party with Frazer

6pm
Yoga core with Hongyi

7pm
Breath work with Hongyi

Sunday

9am
Yoga Sweat with Adrienne

10.15am
Slow Flow with Adrienne

12.30pm
VideoBEAT with Freddie

Thursday

7am
Conditioning with Kevin

8am
Sculpt with Kevin

9.30am
House burn with Matt

10.30am
WOD with Matt

12pm
Kettlebells with Paul

1.30pm
Sweat & stretch with Dom

5.30pm
12x3 gloves on with Ryan

6.30pm
Detox yoga with Lizzie

7.30pm
Meditation | Yin with Lizzie