



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 8pm

Saturday

7.30 till 9am
9.30 till 11am
11.30am till 1pm
1.30 till 3pm
3.30 till 5pm
5.30 till 8pm

Sunday

8.30 till 10am
10.30 till 12pm
12.30 till 2pm
2.30 till 4pm
4.30 till 6pm
6.30 till 8pm