

Soho Active timetable Shoreditch House



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am Sculpt	8.30am Vinyasa Flow Yoga	8.30am Shape	8.30am Dynamic Vinyasa Flow Yoga	8.30am Legs and Core	9.30am Rocket Yoga	9.30am Yoga Sweat
12.30pm Entry Boxing	12.30pm House Burn	12.30pm Boxing	12.30pm House Burn	12.30pm Advanced Boxing	11am Yin and Meditation	11am Slow Yoga Flow
6.30pm Legs and Core	6.30pm Pilates	6.30pm Core Yoga Flow	6.30pm Detox Yoga	6.30pm House Strength	12.30pm Body Hiit	12.30pm House Strength

Book via the members' app