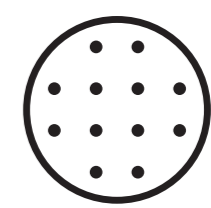


Soho Active timetable

Shoreditch House



Monday

8am
Vinyasa Flow Yoga with Fran

10.30am
House Conditioning with Dom

12pm
Boxing with Mark

1.30pm
Vinyasa Flow Yoga with Kelly

6.30pm
Body Party by Ayb

Tuesday

7am
House Tone with Viv

8am
House Shape with Viv

9.30am
Kettlebells with Paul

12pm
Power Yoga with Tamara

5.30pm
12x3 Boxing with Ryan

6.30pm
Pilates with Alli

Wednesday

8am
Rocket Yoga with Miles

10.30am
House Burn with Matt

12pm
Boxing with Mark

1.30pm
Body Party by Ayb

6.30pm
Yoga Core with Hongyi

Thursday

7am
House Conditioning with Kevin

8am
House Sculpt with Kevin

10.30pm
Sweat & Stretch with Dom

12pm
12x3 Boxing with Ryan

6.30pm
Detox Yoga with Lizzie

Friday

8am
Vinyasa Flow Yoga with Tamara

12pm
Boxing with Mark

1.30pm
Pilates with Alli

5.30pm
House Strength with Peter

Saturday

10am
Mandala Yoga with Fran

11.30am
Circuit by Core Collective

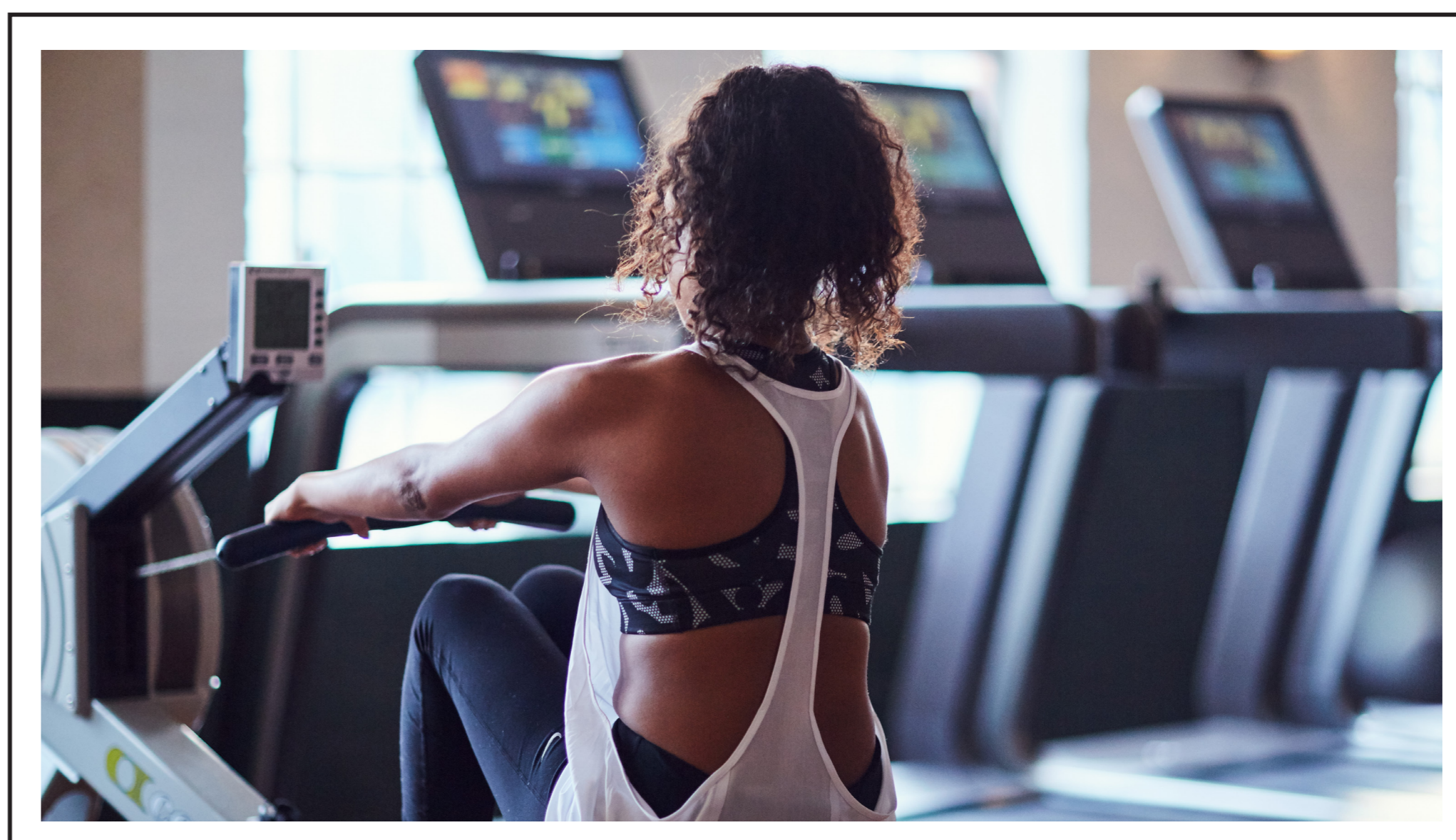
12.30pm
Row by Core Collective

Sunday

9am
Yoga Sweat with Adrienne

10am
Yoga Slow Flow with Adrienne

12.30am
Video Beat by Ayb



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