

Soho Health Club Timetable

On The House

Join our House coach for a 30 minute focused session, working either core, cardio or mobility. Each of our coaches brings something different to the floor, so check the Sh.app for the workout of the day!

Boxing

Go the extra mile and combine circuit training with boxing. Work hard on two stations and go for three rounds with the bag or work on core strength.

House WOD

Join our Workout of the Day, expect a focus on functional movements and building strength through full ranges of motion!

House F.I.T

Fast Intense Training, a full-body workout that's guaranteed to make you sweat with short bursts of high-intensity exercise.

Barre

Feel the burn with our ballet-inspired full body workout, combining ballet and Pilates techniques of high reps and isometric holds to build and strengthen long, lean muscles.

House Fusion

Integrating the creative flows of Vinyasa, the precision of Pilates, the strong holds of Hatha and the playful challenge of calisthenics. Fusion will test your strength, mobility and endurance, working you in new ways to build a strong flexible body.

Breathwork

Breath practices, music and visualisations designed to support the nervous system, and heal unprocessed emotion in the body.

White City House



Contemporary Pilates

Incorporating modern knowledge of the body and biomechanics into the Pilates repertoire. Using classic Pilates postures whilst adding new exercises as well as modifications to original Pilates exercises have been added to make the system safer or more functional.

Dynamic Pilates

An effective combination of classic Pilates moves linked together in a seamless flow with postures taking you from floor to standing giving you a total body workout. Blending flexibility and strength training, improving posture and form, and supports you with training, toning, recovering and in everyday life.

Power Yoga

A powerful Vinyasa practice with the added emphasis on building muscular strength and endurance. Expect strong power poses, challenging holds and plenty of variations and modifications for all levels.

Slow Flow Yoga

Our Slow Flow classes merge creatively sequenced Vinyasa with longer holds more typical of a Hatha practice allowing you to deepen your pose and really focus on each movement.

TRX by Core Collective

Strength, Focus, Fitness - Test yourself with this TRX/kettlebell fusion. Time under tension and strength-based movements designed to build muscular endurance, a strong core and a lean physique. Progress through the moves to hone balance and increase coordination, ending with a metabolism boosting finisher.

Circuit | Strength by Core Collective

Control, strength, power. A low rep, compound focused workout that will allow you to challenge your body with heavier weights and exercises to build a strong, toned physique. Feel the burn!

Monday

7:00am
Dynamic Pilates with Miranda
7:15am
Boxing with Lolly
7:30am
Circuit | Strength by Core Collective
9:30am
On The House
10:30am
Power Yoga with Saori
11:30am
Advanced Boxing with Daniel
12:30pm
Contemporary Pilates with Charlotte
Boxing with Daniel
2:30pm
On The House
6pm
House WOD with Jordan
7:00pm
Slow Flow with Ade
8:00pm
Breathwork with Ade

Tuesday

7:30am
TRX by Core Collective
Power Yoga with Tara
9:30am
TRX by Core Collective
12:30pm
Power Yoga with Nikki
Boxing with Nat
House F.I.T with David
2:30pm
On The House
6:30pm
Boxing with Nat
Dynamic Pilates with Miranda
7:30pm
Slow Flow with Miranda

Wednesday

7:00am
Barre with Miranda
7:30am
Circuit | Strength by Core Collective
9:30am
On The House
10:30am
Boxing with Lolly
12:30pm
Power Yoga with Saori
Boxing with Jamal
2:30pm
On The House
6:00pm
House WOD with David
Barre with Becki
7:00pm
Power Yoga with Becki

Thursday

7:00am
Boxing with Chloe
7:30am
Barre with Lucy
TRX by Core Collective
8:00am
House F.I.T with Chloe
9:30am
On The House
12:30pm
Boxing with Jamal
House F.I.T with David
Fusion with Jordan
2:30pm
On The House
6:30pm
Boxing with Nat
Dynamic Pilates with Jordan
7:30pm
Slow Flow with Jordan

Friday

7:00am
Power Yoga with Tereza
7:15am
Boxing with Lolly
8:30am
Circuit | Strength by Core Collective
9:30am
Circuit | Strength by Core Collective
12:30pm
Power Yoga with Nikki
House WOD with Jordan
2:30pm
On The House
6:00pm
Barre with Becki

Saturday

9:30am
House F.I.T with David
TRX by Core Collective
10:30am
Boxing with Jamal
11:00am
Contemporary Pilates with Miranda
12:30pm
Power Yoga with Miranda

Sunday

9:30am
Dynamic Pilates with Miranda
10:30am
Boxing with Nat
11:00am
Slow Sunday Flow with Saori
12:30pm
Power Yoga with Saori

Booking available via the SH.app

Please arrive 10 minutes before the class; admittance will not be permitted once it starts.