

Soho Active timetable

WOD

Combining creative athletic programming and strength training in an encouraging and motivating environment, each workout of the day (WOD) is designed to build your inner athlete - expect 'EMOM' and AMRAPs', as you push hard and dig deep.

House Combat

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. Please bring your own gloves as we will not be supplying them during this time.

Pilates

A blend of flexibility and strength training which improves posture and form, and supports you with training, toning, recovering and in everyday life.

Vinyasa Yoga

Dynamic and challenging flows for all levels that sculpts, hones, and tones every muscle in the body. Vinyasa techniques are characterised by flowing poses and sequencing that are linked to the breath.

Hatha Yoga

Using posture holds and conscious breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation. Through alignment and mindful actions of the body. Hatha Yoga brings balance, strength and a sense of well-being.

Yin Yoga

This style of yoga incorporates long-held poses and deep stretches to target the connective tissues. It helps you find maximum flexibility and mobility, which calms the nervous system.

White City House



House HIIT

An intensive full-body workout that's guaranteed to make you sweat with short bursts of high-intensity exercise.

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.

Sculpt Bands by Core Collective

Feel the Burn! Pilates and Barre combine for a low impact, high energy workout. With emphasis on your core and glutes, we use resistance bands to intensify your workout and maximise results.

RUN by Core Collective

Radically improve your fitness with this cardio-focused, high-intensity session. Switch between sprint drills on the skill mills and weighted movements on the floor as our trainers help you push past your limits.

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!

Circuit | Sweat by Core Collective

Fast-paced, endurance focused. Expect a longer cardio-focused workout that will challenge your endurance and radically improve your fitness level.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am Circuit Strength by Core Collective Pilates with Charlotte	7.30am Vinyasa yoga with Tara House HIIT with Kirsty TRX by Core Collective	7.30am Circuit Strength by Core Collective Vinyasa yoga with Tara Combat with David	7.30am Pilates with Paulina Combat with David TRX by Core Collective	7.30am Hatha Yoga with Charlotte	9.30am TRX by Core Collective Vinyasa Yoga with Lucy	9.30am Pilates with Miranda
9.30am Circuit Strength by Core Collective	8.30am RUN by Core Collective	9.30am Circuit Strength by Core Collective	8.30am RUN by Core Collective	8.30am Circuit Strength by Core Collective	10.30am Circuit Sweat by Core Collective	10.30am Combat with Nat
12.30pm Pilates with Charlotte Combat with Daniel	9.30am TRX by Core Collective	12.30pm Vinyasa yoga with Saori Combat with Jamal	9.30am TRX by Core Collective	9.30am House HIIT with Reec Circuit Strength by Core Collective	11.00am Pilates with Aurora Combat with David	11.00am Vinyasa yoga with Saori
6pm Sculpt by Core Collective	12.30pm Combat with David Vinyasa Yoga with Nikki	6.00pm TRX by Core Collective Pilates with Charlotte	12.30pm Circuit Sweat by Core Collective Pilates with Paulina Combat with Jamal	12.30pm Vinyasa yoga with Victoria Combat with David TRX by Core Collective	11.30am RUN by Core Collective	12.30pm Yin Yoga with Saori
6.30pm WOD with Kirsty Combat with David	5.30pm RUN by Core Collective	6.30pm House HIIT with Ross	6.00pm WOD with David W Vinyasa yoga with Charlotte	5.30pm House HIIT with Reece Vinyasa yoga with Tara	12.30pm Vinyasa yoga with Aurora	
	6.30pm Circuit Sweat by Core Collective Pilates with Charlotte Combat with Nat					

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

Book via the members' app