

Soho Active timetable White City House

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. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

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. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

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. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

Pilates

A blend of flexibility and strength training which improves posture and form, and supports you with training, toning, recovering and in everyday life. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

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. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

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. Please arrive 10 minutes before the class. Admittance will not be permitted once the class starts

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.

Circuit by Core Collective

Full body, total power. Expect an explosive workout that involves compound movements, plyometric exercises and longer cardio stations. Challenge your athleticism and improve your all-round fitness.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7.30am Circuit by Core Collective</p> <p>7.30am Pilates with Charlotte</p> <p>7.30am Combat with Daniel</p> <p>9.30am Circuit by Core Collective</p> <p>12.30pm Pilates with Charlotte</p> <p>12.30pm Combat with Daniel</p> <p>6pm Sculpt Bands by Core Collective</p> <p>6.30pm Combat with David</p> <p>6.30pm WOD with Kirsty</p>	<p>7.30am Combat with Ross</p> <p>7.30am Vinyasa Yoga with Nora</p> <p>7.30am TRX by Core Collective</p> <p>9.30am TRX by Core Collective</p> <p>12.30pm Vinyasa Yoga with Teresa</p> <p>12.30pm WOD with Luke</p> <p>6pm Circuit by Core Collective</p> <p>6.30pm Pilates with Jordan</p> <p>6.30 Combat with Nat</p>	<p>7.30am Circuit by Core Collective</p> <p>7.30am Vinyasa Yoga with Jordan</p> <p>7.30am Combat with David</p> <p>9.30am Circuit by Core Collective</p> <p>12.30pm Fusion with Jordan</p> <p>12.30pm Combat with Jamal</p> <p>6pm TRX by Core Collective</p> <p>6pm PILATES with Simmy</p> <p>6.30pm WOD with Ross</p>	<p>7.30am Combat with David</p> <p>7.30am Pilates with Jo-leigh</p> <p>7.30am TRX by Core Collective</p> <p>9.30am TRX by Core Collective</p> <p>12.30pm Pilates with Jordan</p> <p>12.30pm WOD with Danni B</p> <p>4.30pm Circuit by Core Collective</p> <p>6.30pm Vinyasa Yoga with Charlotte</p> <p>6.30pm Combat with Nat</p> <p>6.30pm WOD with Luke</p>	<p>7.30am Hatha Yoga with Charlotte</p> <p>7.30am Combat with Ross</p> <p>8.30am Circuit by Core Collective</p> <p>9.30am Circuit by Core Collective</p> <p>12.30pm Vinyasa Yoga with Teresa</p> <p>12.30am TRX by Core Collective</p> <p>12.30pm Combat with David</p> <p>5pm Vinyasa Yoga with Fiona</p> <p>5pm WOD with Danni B</p>	<p>9am Pilates with Lizi</p> <p>10am TRX by Core Collective</p> <p>10.30am Combat with David</p> <p>10.30am Vinyasa Yoga with Nora</p> <p>11am Circuit by Core Collective</p> <p>1pm Vinyasa Yoga with Saori</p>	<p>9am Pilates with Miranda</p> <p>10.30am Combat with Nat</p> <p>12.30pm Vinyasa Yoga with Saori</p>

Book via the members' app