

SOHO HEALTH CLUB  
BRIGHTON BEACH HOUSE

Timetable

MONDAY

Yoga	8am
Body Max	9am
Yoga	6.30pm

THURSDAY

Floor 4	7am
Yoga	10am
Body Max	6pm

TUESDAY

Floor 4	7am
Yoga	10am
Body Max	6pm

FRIDAY

Body Max	8am
Floor 4	9am
Yoga	1pm

WEDNESDAY

Body Max	8am
Yoga	9.30am
Floor 4	5pm

SATURDAY

Floor 4	9am
Body Max	10am
Yoga	11.30am

SUNDAY

Body Max	9am
Yoga	10am
Floor 4	11am

All classes £15  
Book at reception or via the SH.APP

Please arrive at least 10 minutes before  
the class starts and check in at the gym