



SOHO HEALTH CLUB MOVEMENT & WELLNESS CLASSES

Bookings via the member's app

ABOUT OUR CLASSES

MARTIAL ARTS

Train with Hong Kong martial arts film star, Andrew Pong for an introductory class. Known as the art of self-perseverance, martial arts emphasize self-discipline, mental and physical health.

HOUSE STRONG

Push, pull, squat, lunge, jump and slam. Increase your strength gains, improve muscle endurance and build immense power in this full body strength class.

MUAY THAI

All level

Bag-work, partner drills and body weight exercises for you to learn and improve Muay Thai skills. Includes basic technique work and conditioning specific to Muay Thai, catering to all levels.

VINYASA

Focused on cultivating deep, mindful Ujjayi breath as we move through a challenging sequence of asanas. Practicing arm balances and inversions, working towards including them into transitions.

HOUSE BARRE

House Barre gives you a full-body workout founded on the technique of dance, the mind-body aspect of yoga, and the precision and core integration of Pilates.

SINGING BOWL MEDITATION

Sound baths can help in relaxation and refocusing the mind, bring more alignment, grounding and more mindfulness into our lives. This is great for all levels of meditators, including beginners.

H3 HIIT

An intensive fat burning full body workout! Guaranteed to sweat and increase your fitness level with short bouts of high intensity exercise.

MUAY THAI

Intermediate

A class more focused on the application of the techniques involving attacking, defending and countering. Consists of more partner drills, sparring, pad-work and bag-work.

YIN YANG

Start with Yin yoga to calm the mind, warm up and work on joint mobility, followed by dynamic Yang movements with longer held poses to relax and calm the nervous system.

YOGALATES

A dynamic class of yoga asanas and Pilates exercise. Targeted muscle engagement, stretching and deep breathing will help to build strength and awareness at the very core of the body.

ICE BATH THERAPY

Guided breathwork followed by a series of cold-water exposure to increase your metabolism by activating brown fat in your body and improving your focus, energy and immune system.

RUN CLUB

A weekly community-driven 5k run in our neighbourhood with one coach leading the pack and another taking up the rear – so no one's left behind.

BOXING

All level

Basic technique and conditioning specific to Western Boxing catering to all levels, with bag-work, partner drills and body weight exercises to improve your skills.

CORE FLOW

This abdominal-focused yoga session will help tone and strengthen the core, increase our mobility, while ending with deep stretches for a dynamic flow.

CORE FUSION

A complete yoga workout focusing on the core, this class incorporates functional movements with deep stretches to tone and strengthen in a dynamic and effective way. Focus on protecting the lower back to bringing stability and power to any practice.
