

White City House

Soho Health Club March Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am Perform Strength with James	7:30am Perform Conditioning with Joe H Dynamic Pilates with Jordan	7am Barre with Mani 7:30am Perform Conditioning with Joe H	7:30am Perform Conditioning with Paddy Barre with Rebecca	7:30am Power Yoga with Tereza Perform Conditioning with Eva	9:30am House F.I.T with David T Barre with Amanda	9:30am Power Yoga with Fiona House F.I.T with Rae
8:30am House F.I.T with Lolly Barre with Rebecca	8:30am Perform Strength with Joe H	8:30am Perform Strength with Joe H	8:30am Perform Strength with Paddy	8:30am Perform Strength with Eva	10:30am Boxing with Jamal	11:00am House Strength with Tyrese
11:30am Advance Boxing with Daniel	9:30am Power Yoga with Gigi Perform Conditioning with Joe H	9:30am House F.I.T with Lolly	9:30am Dynamic Pilates with Ali Perform Conditioning with Paddy	11:30am House F.I.T with Lolly	10:45am TRX with Seb	11:30am NEW! TRX with Rae
12:30pm Contemporary Pilates with Charlotte Boxing with Daniel	11:30am TRX with Rae	12:30pm Discover Arm Balances & Inversions with Holly Boxing with Jamal	11:30am TRX with Seb	12:30pm Dynamic Pilates with Jordan Muay Thai with David D	11am Contemporary Pilates with Ali	12:30pm Power Yoga with Yildiz
2:30pm On The House	12:30pm Power Yoga with Ade House F.I.T with David T	2:30pm On The House	12:30pm NEW! Boxing with Lesley Pilates Fusion with Jordan	2:30pm On The House	11:30am TRX with Rae	2:30pm On The House
6pm House F.I.T with Seb Pilates Fusion with Jordan	2:30pm On The House	6pm Barre with Becki	2:30pm On The House	5:30pm Barre with Rebecca House F.I.T with Chelsea	12:30pm Power Yoga with Tereza	
7pm Restorative Flow Yoga with Juliet TRX with Seb	5:30pm House Strength with Seb 6:30pm Boxing with Nat Power Yoga with Olivia	7pm Restorative Flow Yoga with Becki Calisthenics with Nat	6:30pm Boxing with Nat NEW! Dynamic Pilates with Jordan		2:30pm On The House	
	8:00pm On The House		8:00pm On The House			