

White City House

Soho Health Club August Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Poolside Power Yoga with Charlotte	6:30am Poolside Pilates Fusion with Jordan	6:30am Poolside Barre with Millie	6:30am Poolside Dynamic Pilates with Ali	6:30am Poolside Power Yoga with Tereza	9:30am House F.I.T with David T	9:30am Dynamic Pilates with Miranda
7:30am Perform Strength with Dottie	7:30am Perform TRX with Joe	7:30am Perform Strength with Emily	7:30am Perform Strength with Paddy Boxing with Rhys	8:30am Perform Strength with Joe	10:30am Boxing with Jamal	10:30am Boxing with Nat
9:30am House Strength with Luther	8:30am Perform Conditioning with Joe	9:30am House F.I.T with Lolly	9:30am Perform Strength with Paddy	9:30am Perform Strength with Joe	11:00am Contemporary Pilates with Miranda	11:00am House F.I.T with Rhys
11:30am Advanced Boxing with Daniel	9:30am Perform Strength with Joe	12:30pm Power Yoga with Saori Boxing with Jamal	12:30pm Boxing with Jamal House Fusion with Jordan	12:30pm Dynamic Pilates with Jordan	11:30am TRX Suspension Training with Jay	12:30pm Power Yoga with Saori
12:30pm Contemporary Pilates with Charlotte Boxing with Daniel House F.I.T with Lolly	12:30pm Power Yoga with Ade House F.I.T with David T	2:30pm On The House	2:30pm On The House	House F.I.T with Lolly Kickboxing with David D	12:30pm Power Yoga with Miranda	2:30pm On The House
2:30pm On The House	2:30pm On The House	6pm House F.I.T with David T Barre with Becki	6:30pm Boxing with Nat Slow Flow with Jordan	2:30pm On The House	2:30pm On The House	
6pm House F.I.T with Seb House Fusion with Jordan	6:30pm Boxing with Nat Dynamic Pilates with Miranda					
7pm Slow Flow with Ade						

Booking available via the SH.app

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