

SHOREDITCH GYM

SOHO HOUSE

Classes MOVEMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 7.30-8.15am Sam	Legs, Glutes & Core 7.30-8.15am Paul	House Strength 7.30-8.15am Luciana	Kettlebells 10-10.45am Paul	House Strength 7.30-8.15am Luciana	Aromathe-Rapy Yoga 10-11am Josephine	House Flow 10-11am Sam
Barre 8.30-9.15am Sam	House F.I.T 10-10.45am Paul	Booty Camp 9-9.45am Luciana	Stretch & Flex 12-12.45pm Francesca	Aromathe-Rapy Yoga 10-11am Josephine	Power Vinyasa 11.15-12.15pm Francesca	Barre 11:15-12pm Sam
Aromathe-Rapy Yoga 10-11am Josephine	House Flow 1-2pm Cj	Boxing 1-2pm Ana	House Flow 1-2pm Errin	Boxing 12-1pm Mark	Stretch & Flex 12.30-1.15pm Francesca	Dance Cardio By Ayb 12:15-1pm Saiba
Boxing 1.15-2.15pm Mark	Sound Healing 5-6pm Lauren	Barre 5.30-6.15pm Emma	Full Body Blast 6-6.45pm Luther	Pilates 1.30-2.30pm Alli		
Zumba 6.15-7pm Pachelle	Pilates 6.30-7.30pm Alli	HIIT 6.30-7.15pm Emma				

All classes £10

Book at reception or via the SH.APP

Enjoy unlimited classes plus complimentary Wash & Fold for £120

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