

Movement Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am Floor 4 (Coach)	6:45am Body Max (Duwane)	7:30am Tower Pilates Daisy	6:45am Floor 4 (Duwane)	2:30pm Floor 4 (On the House)	9am Floor 4 Duwane Tower Pilates Lily	9am Power Yoga Tereza
8am Barre Sculpt (Madeline)	8am Resist Madeline	12:30pm Mat Pilates Lucy	8am Tower Pilates Lily			11am Vinyasa Yoga
12:30pm Vinyasa Yoga Linda	12:30pm Vinyasa Yoga Linda	2:30pm Body Max (On the House)	8:30am Floor 4 Duwane		10am Mat Pilates Lucy	
2:30pm Floor 4 (On the House)	6pm Tower Pilates Daisy	6pm Tower Pilates Lily	6pm Mat Pilates Lucy		1pm Power Yoga Wen	
6pm Tower Pilates Lily Power Yoga Sam			7pm Barre Sculpt Madeline			



To view all classes and to book visit the members app. Please note the gym is accessible to members only, guests are not permitted.

SOHO HEALTH CLUB
180 HOUSE