

# BRIGHTON BEACH HOUSE GYM

SOHO HOUSE x 

## Class Timetable

### Monday

07:00 -  
*On the  
House:*  
Outdoor  
Run Club

09:30 -  
Fuse

10:30 -  
Switch  
Express

19:00 -  
Ladies LFT

### Tuesday

07:00 -  
Fuse

08:00 -  
Signature  
Flow

09:30 -  
Signature  
Flow

12:00 -  
Sculpt

13:00 -  
Reformer  
Pilates

### Wednesday

09:30 -  
Signature  
Flow

11:30 -  
Reformer  
Pilates

12:45 -  
Fuse

### Thursday

08:00 -  
Fuse

09:30 -  
Signature  
Flow

10:30 -  
Dynamic  
Mat Pilates

12:45 -  
LFT -

### Friday

08:00 -  
Switch  
Express

09:30 -  
Dynamic  
Mat Pilates

10:30 -  
Reformer  
Pilates

### Saturday

09:30 -  
Switch  
Express

10:30 -  
Gentle Flow

### Sunday

10:00 -  
Gentle Flow

Guest Bookings Now Available!


Bring a guest to your next class and share the experience!\*

---

Fuel Your Workout with a Smoothie!

Pre-order a smoothie before your class for a special price of £6 and have it ready to collect after your session.

---

 To book a guest or for more information, call or visit our team at the gym reception.

*\*Excludes reformer pilates*