

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE X ROX

## Class Timetable

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
07:00 - <i>On the House: Outdoor Run Club</i>	07:00 - Fuse	09:30 - Signature Flow	08:00 - Fuse	08:00 - Switch Express	09:30 - Switch Express
09:30 - Fuse	08:00 - Signature Flow	11:30 - Reformer Pilates	09:30 - Signature Flow	09:30 - Dynamic Mat Pilates	10:30 - Gentle Flow
10:30 - Switch Express	09:30 - Signature Flow	12:45 - Fuse	10:30 - Dynamic Mat Pilates	10:30 - Reformer Pilates	
19:00 - Ladies LFT	12:00 - Sculpt		12:45 - LFT -		<u>Sunday</u>
					10:00 - Gentle Flow

Guest Bookings Now Available!  
Bring a guest to your next class and share the experience!\*

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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.

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

\*Excludes reformer pilates