

SOHO HEALTH CLUB

SOHO HOUSE SHOREDITCH

Timetable

MONDAY

Body Max Sam	7.30-8.20am
Power Yoga on the Roof Jules	8-8.50am
Barre Sculpt Sam	8.30-9.20am
Aromatherapy Yoga Josephine	10-11am
Power Yoga Jules	12-12.50pm
Floor 4 Luther	6.30-7.20pm

TUESDAY

Floor 4 Paul	7.30-8.20am
Body Max Paul	12-12.30pm
Vinyasa Yoga Evie	1-1.50pm
Sound Healing Lilita	5-6pm
Mat Pilates Lucy	6.30-7.20pm

WEDNESDAY

Floor 4 Luciana	7.30-8.20am
Boxing Gregory	12-12.50pm
Mat Pilates Lucy	5-5.50pm
Body Max Luther	6.30-7.20pm

THURSDAY

Vinyasa Yoga Jed	7.30-8.20am
Floor 4 Paul	10-10.50am
Stretch & Reset Jules	12-12.50pm
Power Yoga Linda	1-1.50pm
Sound Healing Lilita	6-7pm

FRIDAY

Floor 4 Luciana	7.30-8.20am
Boxing Gregory	12-12.50pm
Mat Pilates Lucy	1.30-2.20pm

SATURDAY

Aromatherapy Yoga Josephine	10-11am
Power Yoga Linda	11.15am-12.05pm
Stretch & Reset Linda	12.30-1.20pm

SUNDAY

Power Yoga Jed	9-9.50am
Barre Sculpt Sam	10-10.50am
Signature Burn Sam	11.15am-12.05pm
Body Max Luther	12.30-1.20pm

All classes £15
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