

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