

March

WHITE CITY GYM
SOHO HOUSE

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	9am Barre sculpt Amanda Conditioning Marchon	9.30am Power yoga Fiona
7.15am Power Yoga Tereza	7.30am Mat Pilates Emma Conditioning Marchon	7.30am Strength Marchon Stretch & reset Tereza	7.30am Conditioning Marchon	7.30am Power yoga Tereza Strength Marchon	10am Metabolic shift David T Strength Marchon	11am So strong Dominic Reformer Pilates: Sequence Zeynep
7.30am Strength Marchon	8.30am Strength Marchon	8.30am Conditioning Marchon	8.30am Reformer Pilates: Signature Teagan Strength Marchon	8.30am Conditioning Marchon	11am Mat Pilates Charlie	12pm Reformer Pilates: Flow Zeynep
8.30am Conditioning Marchon	9.30am Power yoga Gigi Conditioning Marchon	9.30am Metabolic shift Strength Marchon	9.30am Conditioning Marchon Reformer Pilates: Signature Teagan	9.30am Metabolic shift Reformer Pilates: Signature Nicole Strength Marchon	12pm Floor 4 Dominic	1.30pm Vinyasa yoga Yildiz
8.45am Reformer Pilates: Signature Nicole	12.30pm Conditioning Marchon So strong	12.30pm Strength Marchon Power yoga Gigi	12.30pm Mat Pilates Lucy Conditioning Marchon So strong	12.30pm Strength Marchon Reformer Pilates: Flow	12.30pm Vinyasa yoga Tereza	2.30pm Body max
9.30am Strength Marchon Metabolic shift Justin	1.30pm Reformer Pilates: Signature Zeynep	2.30pm On the House: Floor 4	12.30pm Mat Pilates Lucy Conditioning Marchon So strong	12.30pm Strength Marchon Reformer Pilates: Flow	2pm Reformer Pilates: Signature Megan	
12.30pm Strength Marchon	2.30pm On the House: Body max	7pm Reformer Pilates: Signature Sophie	2.30pm On the House: Body max	2.30pm On the House: Floor 4		
1pm Mat Pilates Lucy			6.30pm Mat Pilates Emma	5.30pm Reformer Pilates: Signature		
2.30pm On the House: Floor 4	6.30pm Mat Pilates Charlie So strong		7.30pm Breathwork, meditation & energy healing Elise			
5pm Reformer Pilates: Signature Ross	7.30pm Breathwork, meditation & energy healing Elise Metabolic shift					
7pm Power yoga Paul						

All classes £15

Book at reception or via the members' app.

Please arrive at least 10 minutes before the class starts