

Classes

WHITE CITY GYM
SOHO HOUSE

MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am ROOFTOP YOGA Charlotte	6.30am STRENGTH MARCHON	6am ROOFTOP YOGA Charlotte	6.30am STRENGTH MARCHON	6am ROOFTOP PILATES Georgia	9am BARRE Amanda	9.30am POWER YOGA Fiona
6.30am CONDITIONING MARCHON	7.30am CONDITIONING MARCHON	SMALL GROUP PT Joe C	7.30am CONDITIONING MARCHON	6.30am CONDITIONING MARCHON	CONDITIONING MARCHON	11am HOUSE STRENGTH Tyrese
7.30am POWER YOGA Tereza	DYNAMIC PILATES Jordan	6.30am CONDITIONING MARCHON	HOUSE HIIT Rebecca	7.30am POWER YOGA Tereza	10am HOUSE F.I.T David T	12.30pm POWER YOGA Yildiz
STRENGTH MARCHON	8.30am STRENGTH MARCHON	7.30am BARRE Rebecca	8.30am STRENGTH MARCHON	STRENGTH MARCHON	10.30am BOXING Farelle	1pm PNP CALISTHENICS SKILL
8.30am CONDITIONING MARCHON	9.30am POWER YOGA Gigi	STRENGTH MARCHON	11.30am TRX Adam	8.30am CONDITIONING MARCHON	11am CONTEMP. PILATES Charlie	2.30pm ON THE HOUSE
9.30am HOUSE F.I.T Lolly	12pm VINYASA YOGA Olivia	8.30am CONDITIONING MARCHON	12.30pm PILATES FUSION Jordan	9.30am COACHING Joe C	11am PERFORM SERIES Joe C	
11.30am BOXING Daniel	12.30pm CONDITIONING MARCHON	9.30am SMALL GROUP PT Joe C	CONDITIONING MARCHON	12.30pm DYNAMIC PILATES Jordan	12pm SMALL GROUP PT Joe C	
12.30pm STRENGTH MARCHON	2.30pm ON THE HOUSE	12.30pm BOXING Farelle	2.30pm ON THE HOUSE	STRENGTH MARCHON	12.30pm POWER YOGA Tereza	
1pm FUSION Jordan	6pm STRENGTH MARCHON	POWER YOGA Gigi	6pm STRENGTH MARCHON	2.30pm ON THE HOUSE		
2.30pm ON THE HOUSE	6.30pm BOXING Nat	STRENGTH MARCHON	PNP CALISTHENICS CONDITIONING	5.30pm BARRE Rebecca	2.30pm ON THE HOUSE	
6pm CONDITIONING MARCHON	CONTEMP. PILATES Charlie	2.30pm ON THE HOUSE	6.30pm DYNAMIC PILATES Jordan	6pm CONDITIONING MARCHON		
7pm TRX Adam	7pm CONDITIONING MARCHON	6pm CONDITIONING MARCHON	BOXING Nat	7pm STRENGTH MARCHON		
POWER YOGA Paul		7pm STRENGTH MARCHON	7pm CONDITIONING MARCHON			
		RESTORATIVE FLOW YOGA Charlotte				

All classes £10
Book at reception or via the members app.

Please arrive at least 10 minutes before the class starts
and check in at the gym.