

# BRIGHTON BEACH HOUSE GYM

SOHO HOUSE x ROX

## Monday

07:15 On the House - Outdoor Run Club

08:30 Yoga Flow

09:30 Fuse

09:30 Yoga Flow

13:15 Pilates Fundamentals

16:00 Box @ ROX

## Tuesday

07:00 Fuse

08:00 Fuse

09:30 Sculpt

10:30 Stretch & Flow

12:00 Yoga Flow

12:30 Reformer Pilates

## Wednesday

08:00 Gentle Flow

09:00 Yoga Flow

**09:30 Reformer Pilates**

10:30 Dynamic Pilates

12:45 Fuse

15:00 Reformer @ RC Hove

17:00 Ride @ ROX

19:00 Gentle Flow

## Thursday

08:00 Fuse

09:30 Yoga Flow

09:45 Power Punch

10:30 On the House - Warm Slow Flow

12:45 Fuse

18:00 Sculpt

18:15 On the House - Strength (Legs & Core)

## Friday

07:00 Triple X

09:00 Triple X

09:30 Dynamic Pilates

**10:30 Sound Bath Yoga**

16:00 Reformer @ RC Hove

## Saturday

08:30 The WOD

09:30 The WOD

10:30 Gentle Flow

## Sunday

10:00 Gentle Flow

Guest bookings now available for Soho gym classes\*

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

\*excludes Reformer Pilates