

BRIGHTON BEACH HOUSE GYM

SOHO HOUSE × ROX

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
07:15 Tread 'n' Lift	07:00 Fuse	07:00 Power Flow	07:00 Fuse	06:45 Triple X	08:00 Tread 'n' Lift
07:30 Power Flow	07:00 Power Flow	08:00 Gentle Flow	09:30 Power Flow	07:45 Fuse	08:30 The WOD
09:00 Mandala Flow	08:00 Fuse	09:30 Reformer	09:45 Power Punch	09:30 Dynamic Pilates	09:30 The WOD
09:30 Fuse	09:30 Limitless Small Group Training	10:30 Dynamic Pilates	10:30 Restorative Flow	11:00 Sound Bath Yoga	10:30 Gentle Flow
10:00 Gentle Flow	09:30 Sculpt	12:45 Fuse	10:45 Power Punch	12:30 Triple X	<u>Sunday</u>
10:30 Limitless Small Group Training	10:30 Stretch & Flow	15:00 Reformer @ RC Hove	12:00 Mandala Flow	16:00 Reformer @ RC Hove	08:30 Mandala Flow
12:30 Power Punch	12:00 Power Flow	17:00 Ride @ Rox	17:00 Limitless Small Group Training	17:00 The WOD	09:30 Gentle Flow
12:45 Pilates Fundamentals	12:30 Reformer	17:00 Limitless Small Group Training	18:00 Power Flow		
16:00 Box @ ROX	13:00 Restorative Yoga	18:30 Sculpt	18:15 Triple X		
17:00 Sculpt	18:00 Power Punch	19:30 Gentle Flow	19:00 Yoga Nidra		
17:30 The WOD					
18:00 Power Flow					
19:00 Restorative Yoga					