

# Timetable

## MONDAY

|                                |         |
|--------------------------------|---------|
| 180 Run Club x Cadence         | 7am     |
| Kick Boxing Simon              | 8am     |
| Vinyasa Yoga Linda             | 12.30pm |
| Tower Pilates Lily             | 3pm     |
| Meditation & Breathwork Tereza | 6pm     |

## TUESDAY

|                      |         |
|----------------------|---------|
| Power Yoga Jed       | 8am     |
| Vinyasa Yoga Linda   | 11.30am |
| Mat Pilates Linda    | 12.30pm |
| Soho Works Takeover  | 1.30pm  |
| Sound Healing Lilita | 2.45pm  |
| Boxing Greg          | 6pm     |

## WEDNESDAY

|                            |         |
|----------------------------|---------|
| Tower Pilates Josie        | 7.30am  |
| Power Yoga & Red Light Jed | 8am     |
| Mat Pilates Eisha          | 11.30am |
| Mat Pilates Gemma          | 12.30pm |
| Tower Pilates Lily         | 6pm     |
| Hatha Yoga Abigail         | 6pm     |
| 180 Run Club X Cadence     | 7pm     |

## THURSDAY

|                        |         |
|------------------------|---------|
| Tower Pilates Lily     | 8am     |
| Grip & Rip Paul        | 9am     |
| Aromatherapy Josephine | 10am    |
| The Ritual Josephine   | 11am    |
| Body Max 2.0 Suzy      | 12pm    |
| Tower Pilates Lily     | 12.30pm |
| Barre Sculpt Madeline  | 1.30pm  |
| Vinyasa Yoga Kim       | 4pm     |

## FRIDAY

|                             |         |
|-----------------------------|---------|
| Rooftop Sunrise Yoga Linda  | 7am     |
| Boxing Greg                 | 7.30am  |
| Mat Pilates Linda           | 8.30am  |
| <i>On The House:</i>        |         |
| Body Max Tobias             | 12.30pm |
| Meditation & Breathwork Kim | 4pm     |
| Yin Yoga Marie              | 5pm     |
| Hatha Yoga Abigail          | 6pm     |

## SATURDAY

|                    |         |
|--------------------|---------|
| Tower Pilates Lily | 9am     |
| Kick Boxing Simon  | 9am     |
| Mat Pilates Lily   | 10am    |
| Body Max 2.0 Suzy  | 11.45am |
| Power Yoga Wen     | 1pm     |

## SUNDAY

|                              |         |
|------------------------------|---------|
| Rooftop Sound Bath Josephine | 7am     |
| Rooftop Sound Bath Josephine | 8am     |
| Power Yoga Kim               | 10am    |
| Meditation & Breathwork Kim  | 11.15am |
| Body Max 2.0 Suzy            | 12.30pm |
| Sound Healing Lilita         | 3pm     |

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

All classes from £15  
Book at reception or via the SH.APP

Enjoy unlimited classes plus  
complimentary Wash & Fold for £180