

SOHO HEALTH CLUB
BRIGHTON BEACH HOUSE

Timetable

MONDAY

Body Max	9am
Mat Pilates <i>Dynamic</i>	10am
Floor 4	11.30am
Reformer Pilates <i>Dynamic</i>	12.30pm
Stretch & Reset	6pm
Vinyasa Yoga	7pm

TUESDAY

Mat Pilates <i>Dynamic</i>	9.45am
Barre Sculpt	10.45am
Mat Pilates <i>Traditional</i>	12.30pm
Body Max	4pm
Run Club	5.45pm
Reformer Pilates <i>Traditional</i>	6pm

WEDNESDAY

Barre Sculpt	8.30am
Vinyasa Yoga	9.30am
Mat Pilates <i>Traditional</i>	10.30am
Meditation & Breathwork	12pm
Reformer Pilates <i>Traditional</i>	12pm
Mat Pilates <i>Dynamic</i>	4pm

THURSDAY

Floor 4	8am
Mat Pilates <i>Dynamic</i>	9am
Vinyasa Yoga	10am
Stretch & Reset	3pm
Body Max	4pm

FRIDAY

Body Max	8am
Floor 4	9am
Mat Pilates <i>Dynamic</i>	10am
Barre Sculpt	11am
Reformer Pilates <i>Dynamic</i>	5.30pm

SATURDAY

Reformer Pilates <i>Traditional</i>	10am
Vinyasa Yoga	11.30am

SUNDAY

Power Yoga	11.30am
Stretch & Reset	12.30pm

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 Soho House app