

SHOREDITCH GYM

SOHO HOUSE

September Classes MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>HIIT 7.30-8.15am Sam</p>	<p>LEGS, GLUTES & CORE 7.30-8.15am Paul</p>	<p>HOUSE STRENGTH 9-9.45am Luciana</p>	<p>MOVEMENT IS MEDICINE* 7.30-8.15am Mady</p>	<p>HOUSE STRENGTH 7.30-8.30am Luciana</p>	<p>AROMATHERAPY YOGA 10-11am Josephine</p>	<p>HOUSE FLOW 10-11am Sam</p>
<p>BARRE 8.30-9.15am Sam</p>	<p>FULL BODY WORKOUT 10-10.45am Paul</p>	<p>CIRCUIT STRENGTH 12-12.45pm Nick</p>	<p>KETTLEBELLS 10-10.45am Paul</p>	<p>BOXING 12-1pm Mark</p>	<p>VINYASA YOGA 11.15-12.15pm Francesca</p>	<p>BARRE 11:15-12pm Sam</p>
<p>AROMATHERAPY YOGA 10-11am Josephine</p>	<p>HOUSE FLOW 1-2pm CJ</p>	<p>BOXING 1.30-2.30pm Mark</p>	<p>HOUSE FLOW 1-2pm Errin</p>	<p>PILATES 1.30-2.30pm Alli</p>	<p>HOUSE STRETCH 12.30-1.15pm Francesca</p>	<p>DANCE CARDIO BY AYB 12:15-1pm Khayla</p>
<p>BOXING 1.15-2.15pm Mark</p>	<p>SOUND HEALING 5-6pm Lauren</p>	<p>BARRE 5.30-6.15pm Emma</p>				
<p>DANCE CARDIO BY AYB 6-6.45pm Rayne</p>	<p>PILATES 6.30-7.30pm Alli</p>	<p>HIIT 6.30-7.15pm Emma</p>				

All classes £10
Book at reception or via the SH.APP

Enjoy unlimited classes plus complimentary Wash & Fold for £120

*This class will be held on the 21 and 28 September only.

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