

Gym classes



Soho House Amsterdam

Monday

7.30am
Boxing
Youri

9am
Vinyasa
Pascale

6pm
Pilates
Marit

6pm
Kettlebell
Veronica

7pm
HIIT
Veronica

7.15pm
Pilates
Marit

Tuesday

7.30am
Sunrise Active
Wake Up Yoga
Henry

10am
Yin Yoga
Anne

5pm
Pilates
Daan

6pm
Kickboxing
Mayari +

7.45pm
Aromatherapy Yin
Marlene +

Wednesday

7.30am
TRX
Christophe

8.30am
HIIT
Veronica

10am
Pilates
Marit

1pm
Pilates Party
Patrick +

6pm
Kettlebell Workout
Veronica

5pm
Next Level Yoga
Anna

7.15pm
Pilates
Devont

Thursday

8am
HIIT
Veronica

9am
Power Yoga
Bianka

11am
Butt Sculpt
Anna +

1pm
Pilates
Marit

5pm
Flow Yoga
Bianka

6.15pm
Hatha Yoga
Bianka

7.30pm
Pranayama and Flow
Sofi +

Friday

8.30am
HIIT
Veronica

10am
Pilates
Daan

1pm
Hardcore Pilates
Christa +

4pm
Boxing
Wouter

5pm
Next Level Yoga
Anna

Saturday

11am
HIIT
Veronica

12pm
Kettlebell Workout
Veronica

12.30pm
Yin Yoga
Anne

3pm
TRX
Youri

Sunday

11am
Boxing
Wouter

12.30pm
Vinyasa
Anne

To discover more classes and
to book, visit the members' app