

# SOHO HEALTH CLUB

BRIGHTON BEACH HOUSE

## Timetable

### MONDAY

Run Club <i>On the House</i>	7.00am
Body Max	9am
Mat Pilates <i>Dynamic</i>	10am
Reformer Pilates <i>Dynamic</i>	12.30pm
Vinyasa Yoga	7pm

### TUESDAY

Reformer Pilates <i>Foundations</i>	8.30am
Yoga	10am
Mat Pilates <i>Traditional</i>	12.30pm
Body Max	4pm
Reformer Pilates <i>Traditional</i>	6pm

### WEDNESDAY

Body Max	8am
Vinyasa Yoga	9.30am
Mat Pilates <i>Traditional</i>	10.30am
Reformer Pilates <i>Traditional</i>	12pm
Floor 4	5pm
Power Yoga	6pm

### THURSDAY

Floor 4	8am
Mat Pilates <i>Dynamic</i>	9am
Yoga	10am
Reformer Pilates <i>Traditional</i>	11am
Body Max	6pm

### 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>Dynamic</i>	10am
Vinyasa Yoga	11.30am

### SUNDAY

Reformer Pilates <i>Foundations</i>	9am
Yoga	10am
Power Yoga	11.30am
Stretch + Reset	12.30pm

All classes from £15

Book at reception or via the SH.APP

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