

Soho Farmhouse

Movement Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Strength Set <i>Studio 2 - Steph</i>	8am Body Max <i>Studio 2 - Matt</i>	9:30am Strength Set <i>Studio 2 - Steph</i>	8am Body Max <i>Studio 2 -</i>	7am Strength Set <i>Studio 2 - Steph</i>	8am Vinyasa Yoga <i>Studio 3 - Natalie</i>	8:15am Power Yoga <i>Studio 3 - Vicky</i>
8:00am Body Max <i>Studio 2 - Lauren</i>	9:30am Floor Four <i>Studio 2 - Joanna</i>	9:30am House Ride Fusion <i>House Ride Studio - Christina</i>	9:30am Floor Four <i>Studio 2 - Joanna</i>	8am Mat Pilates <i>Studio 3 - Steph</i>	9:30am Mat Pilates <i>Studio 3 - Alexandra</i>	9:30am Power Yoga <i>Studio 3 - Vicky</i>
8:15am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>	9:30am House Ride Results <i>House Ride Studio - Alex</i>	9:30am Studio Pilates - Reformer <i>Studio 1 - Eileen</i>	9:30am House Ride Results <i>House Ride Studio - Liz</i>	8:15am Studio Pilates <i>Studio 1 - Katrina</i>	9:30am House Ride Results <i>House Ride Studio - Alex/Liz</i>	9:30am House Ride Fusion <i>House Ride Studio - Christina</i>
9:30am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>	9:30am Studio Pilates - Reformer <i>Studio 1 - Eileen</i>	10:30am Studio Pilates - Reformer <i>Studio 1 - Eileen</i>	9:30am Mat Pilates <i>Studio 3 - Reas</i>	9:30am Studio Pilates <i>Studio 1 - Katrina</i>	9:45am Vinyasa Yoga <i>Studio 3 - Vicky</i>	10:30am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>
9:30am Vinyasa Yoga <i>Studio 3 - Rhiannon</i>	9:30am Power Yoga <i>Studio 3 - Vicky</i>	10:30am Barre Sculpt <i>Studio 2&3 - Steph</i>	9:30am Studio Pilates <i>Studio 1 - Steph</i>	9:30am Floor Four <i>Studio 2 - Matt</i>	11am Vinyasa Yoga <i>Studio 3 - Vicky</i>	11am Vinyasa Yoga <i>Studio 3 - Rhiannon</i>
9:30am House Ride Rhythm <i>House Ride Studio</i>	11am Mat Pilates <i>Studio 3 - Eileen</i>	11am House Ride Rhythm <i>House Ride Studio -</i>	10:45am Studio Pilates - Reformer <i>Studio 1 - Steph</i>	9:30am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am Mat Pilates <i>Studio 3 - Leagha</i>	11am House Ride Rhythm <i>House Ride Studio - Lucy</i>
10:30am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>	11am House Ride Rhythm <i>House Ride Studio - Alex</i>	6pm Vinyasa Yoga <i>Studio 3 - Alicia</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	10:30am Studio Pilates - Reformer <i>Studio 1 - Katrina</i>	11am House Ride Rhythm <i>House Ride Studio - Alex/Liz</i>	11am Barre Sculpt <i>Studio 2 - Lynsay</i>
11am Mat Pilates <i>Studio 3 - Steph</i>	12pm Body Max <i>Studio 2 - Joanna</i>	6pm Studio Pilates - Reformer <i>Studio 1 - Barbara</i>	12pm Studio Pilates - Reformer <i>Studio 1 - Steph</i>	11am House Ride Rhythm <i>House Ride Studio - Kate</i>	11:15am Studio Pilates - Reformer <i>Studio 1 - Steph</i>	11:30am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>
11am House Ride Rhythm <i>House Ride Studio - Kate</i>	12:30pm Studio Pilates - Reformer <i>Studio 1 - Eileen</i>		4pm Mat Pilates <i>Studio 1 - Barbara</i>	11am Body Max <i>Studio 2 - Lorraine</i>	12:15pm Studio Pilates - Reformer <i>Studio 1 - Steph</i>	12:30am Studio Pilates - Mixed Apparatus <i>Studio 1 - Alexi</i>
1:30pm Cardio Dance <i>Studio 2&3 - Steph</i>			4:30pm Vinyasa Yoga <i>Studio 1 - Rhiannon</i>	12pm Studio Pilates - Reformer <i>Studio 1 - Barbara</i>		
5pm Vinyasa Yoga <i>Studio 3 - Nikki</i>			6:30pm Studio Pilates - Reformer <i>Studio 1 - Steph</i>	12:15pm Power Yoga <i>Studio 3 - Kate</i>		
				1:30pm Cardio Dance <i>Studio 2&3 - Steph</i>		