

SOHO HEALTH CLUB

180 HOUSE

Timetable

MONDAY

Vinyasa Yoga Linda	12.30pm
SGPT: Strength Series	12.30pm
Tower Pilates Lily	3pm
Meditation & Breathwork Elise	6pm
SGPT: Strength Series	6.30pm

TUESDAY

Power Yoga Jed	8am
Mat Pilates Linda	12.30pm
Vinyasa Yoga Linda	1.30pm
Sound Healing Lilita	3pm
Boxing Greg	6pm

WEDNESDAY

SGPT: Strength Series	6.30am
SGPT: Strength Series	7.30am
Mat Pilates Lucy	12.30pm
Tower Pilates Lily	6pm
SGPT: Strength Series	6.30pm
180 Run Club X Cadence	7pm

THURSDAY

Tower Pilates Lily	8am
Grip & Rip Paul	9am
Aromatherapy Josephine	10am
Body Max 2.0 Suzy	12pm
Tower Pilates Lily	12.30pm
Vinyasa Yoga Kim	4pm
Barre Sculpt Madeline	7pm

FRIDAY

Boxing Greg	7.30am
Mat Pilates Linda	9am
SGPT: Strength Series	12.30pm
Meditation & Breathwork Kim	4pm

SATURDAY

Tower Pilates Lily	9am
Mat Pilates Lily	10am
Power Yoga Wen	1pm
SGPT: Strength Series	2pm

SUNDAY

Power Yoga Kim	10.15am
Meditation & Breathwork Kim	11.15am
Body Max 2.0 Michael	1.30pm
SGPT: Strength Series	2pm
Sound Healing Lilita	3pm

All classes from £15
Book at reception or via the SH.APP

Enjoy unlimited classes plus
complimentary Wash & Fold for £180

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