

# SOHO HEALTH CLUB

SHOREDITCH HOUSE

## Timetable

### MONDAY

Barre Sculpt	Sabyne	8.30-9.20am
Aromatherapy Yoga	Josephine	10-11am
Floor 4	Yasmin	5-5.50pm
Boxing	Gregory	6-6.50pm

### TUESDAY

Floor 4	Paul	7.30-8.20am
Grip & Rip	Paul	10.30-11.20pm
On The House		
Body Max 2.0	Tom	12-12.30pm
Sound Healing	Lilita	5-6pm
Mat Pilates	Lucy	6.30-7.20pm
Mat Pilates	Lucy	7.30-8.20pm

### WEDNESDAY

Floor 4	Tyrese	7.30-8.20am
Body Max	Tyrese	9-9.50am
Boxing	Gregory	12-12.50pm
Mat Pilates	Lucy	2.30-3.20pm
Body Max 2.0	Suzy	6.30-7.20pm
Sound Healing, Meditation & Breathwork	Elise	7.30-8.20pm

### THURSDAY

Vinyasa Yoga	Jed	7.30-8.20am
Floor 4	Yasmin	10-10.50am
Body Max 2.0	Yasmin	12-12.50pm
Power Yoga	Linda	1-1.50pm
Boxing Conditioning	Greg	3-3.50pm
Sound Healing	Lilita	6-7pm

### FRIDAY

Floor 4	Tom	7.30-8.20am
Boxing	Gregory	12-12.50pm
Barre Sculpt	Maddie	1-1.50pm
Vinyasa Yoga	Jed	4-4.50pm

### SATURDAY

Body Max 2.0	Tom	9-9.50am
Aromatherapy Yoga	Josephine	10-11am
Power Yoga	Linda	11.15am-12.05pm
Stretch & Reset	Linda	12.30-1.20pm

### SUNDAY

Power Yoga	Jed	9-9.50am
Meditation & Breath Work	Kimberly	5-5.50pm
Stretch & Reset	Kimberly	6-6.50pm

All classes £15

Book at reception or via the SH.APP

Enjoy unlimited classes plus complimentary Wash & Go for £180

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