

# June

## SOHO HEALTH CLUB WHITE CITY HOUSE

# Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am MOVE   Remzi Rooftop Yoga   Tereza 7.30am MOVE   Remzi Power Yoga   Tereza 9am Reformer Pilates: Signature   Nicole 9.30am MOVE   Justin 10am Reformer Pilates: Sequence   Nicole 12.30pm MOVE   Justin 1pm Mat Pilates   Emma 4.30pm Reformer Pilates: Flow   Maggie 5.30pm Reformer Pilates: Signature   Maggie 7pm Power Yoga   Paul	6.30am BUILD   Remzi 7.30am Mat Pilates   Emma BUILD   Remzi 12.30pm Reformer Pilates: Sequence   Elis BUILD   Remzi 1.30pm Reformer Pilates: Signature   Elis 6.30pm Mat Pilates   Linda BUILD   Justin 7.30pm Breathwork, Meditation & Energy Healing   Elise	6.30am MOVE   Remzi 7.15am Reformer Pilates: Signature   Megan 7.30am MOVE   Remzi 8.15am Reformer Pilates: Sequence   Megan 9.30am MOVE   Julian 12.30pm MOVE   Julian Stretch & Reset   Tereza 5pm Mat Pilates   Emma 6pm Reformer Pilates: Signature   Elis 7pm Reformer Pilates: Sequence   Elis	6.30am BUILD   Justin 7.30am BUILD   Justin 8am Reformer Pilates: Signature   Arabella 9.30am Reformer Pilates: Sequence   Arabella 12.30pm BUILD   Justin Mat Pilates   Georgia 6pm Mat Pilates   Emma 6.30pm BUILD   Justin 7pm Yin Yoga   Tereza	6.30am MOVE   David T Rooftop Yoga   Tereza 7.30am Power Yoga   Tereza MOVE   David T 9.30am Reformer Pilates Signature   Nicole MOVE   Justin 10.30am Reformer Pilates: Sequence   Nicole 12.30pm MOVE   Lauren	9am Barre Sculpt   Amanda MOVE   David T 10am MOVE   David T 11am Reformer Pilates: Signature   Elis 12.30pm Vinyasa Yoga   Tereza 2pm Reformer Pilates: Sequence   Maggie	11am Reformer Pilates: Sequence   Arabella 12pm Reformer Pilates: Flow   Arabella

All classes from £15  
Book at reception or via the members' app.  
Please arrive at least 10 minutes before the class starts  
and check in at the gym.