

# February

## SOHO HEALTH CLUB WHITE CITY HOUSE

# Classes

### Monday

6.30am  
MOVE | Emmanuel  
7.30am  
MOVE | Emmanuel  
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

### Tuesday

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

### Wednesday

6.30am  
MOVE | David T  
7.15am  
Reformer Pilates:  
Signature | Megan  
7.30am  
MOVE | David T  
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

### Thursday

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

### Friday

6.30am  
MOVE | David T  
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

### Saturday

9am  
Barre Sculpt | Amanda  
10am  
MOVE | David T  
11am  
Reformer Pilates:  
Signature | Elis  
12.30pm  
Vinyasa Yoga | Tereza  
2pm  
Reformer Pilates:  
Sequence | Maggie

### Sunday

11am  
Reformer Pilates:  
Sequence | Arabella

12pm  
Reformer Pilates:  
Flow | Arabella

Reformer Pilates:  
Sequence | Maggie

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.