

December

SOHO HEALTH CLUB  
WHITE CITY HOUSE

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Conditioning   Marchon	6.30am & 8.30am Strength   Marchon	6.30am Conditioning   Marchon	6.30am Strength   Marchon	6.30am Conditioning   Marchon	9am Barre Sculpt   Amanda Conditioning   Marchon	11am So Strong   Julian Reformer Pilates: Sequence   Arabella
7.30am Strength   Marchon Power Yoga   Tereza	7.30am Mat Pilates   Emma Conditioning   Marchon	7.15am Reformer Pilates: Signature   Megan	7.30am Conditioning   Marchon	7.30am Power Yoga   Tereza Strength   Marchon	10am Metabolic Shift   David T Strength   Marchon	12pm Reformer Pilates: Flow   Arabella
8.30am Conditioning   Marchon	8.30am Metabolic Shift   Julian	7.30am Strength   Marchon	8am Reformer Pilates: Signature   Arabella	8.30am Conditioning   Marchon	11am Reformer Pilates: Signature   Elis	
9am Reformer Pilates: Signature   Nicole	9.30am Power Yoga   Gigi Conditioning   Marchon	8.15am Reformer Pilates: Sequence   Megan	8.30am Strength   Marchon	9.30am Reformer Pilates Signature   Nicole	12.30pm Vinyasa Yoga   Tereza	
9.30am Metabolic Shift   Justin Strength   Marchon	12.30pm Reformer Pilates: Sequence   Elis	8.30am Conditioning   Marchon	9.30am Conditioning   Marchon Reformer Pilates: Sequence   Arabella	Metabolic Shift   Justin	2pm Reformer Pilates: Sequence   Maggie	
10am Reformer Pilates: Sequence   Nicole	1.30pm Reformer Pilates: Signature   Elis	9.30am Strength   Marchon Metabolic Shift   Julian		10.30am Reformer Pilates: Sequence   Nicole		
12.30pm Strength   Marchon	So Strong   Justin	12.30pm Strength   Marchon Power yoga   Gigi	12.30pm Mat Pilates   Lucy	12.30pm Strength   Marchon		
1pm Mat Pilates   Lucy	6.30pm Mat Pilates   Lucy	2.30pm On the House: Body Max 2.0	6.30pm Mat Pilates   Emma	2.30pm On the House: Floor 4		
2.30pm On the House: Floor 4		5pm Barre Sculpt   Amanda				
4.30pm Reformer Pilates: Flow   Maggie		6pm				
5.30pm Reformer Pilates: Signature   Maggie		Reformer Pilates: Signature   Elis				
7pm Power Yoga   Paul		7pm Reformer Pilates: Sequence   Elis				

All classes £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.