

January

SOHO HEALTH CLUB WHITE CITY HOUSE

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am MOVE Emmanuel	6.30am BUILD Remzi	6.30am MOVE David T	6.30am BUILD Justin	6.30am MOVE David T	9am Barre Sculpt Amanda	11am Reformer Pilates: Sequence Arabella
7.30am MOVE Emmanuel Power Yoga Tereza	7.30am Mat Pilates Emma BUILD Remzi	7.15am Reformer Pilates: Signature Megan	7.30am BUILD Justin	7.30am Power Yoga Tereza MOVE David T	10am MOVE David T	12pm Reformer Pilates: Flow Arabella
9am Reformer Pilates: Signature Nicole	12.30pm Reformer Pilates: Sequence Elis	7.30am MOVE David T	8am Reformer Pilates: Signature Arabella	9.30am Reformer Pilates Signature Nicole	11am Reformer Pilates: Signature Elis	
9.30am MOVE Justin	BUILD Remzi	8.15am Reformer Pilates: Sequence Megan	9.30am Reformer Pilates: Sequence Arabella	MOVE Justin	12.30pm Vinyasa Yoga Tereza	
10am Reformer Pilates: Sequence Nicole	1.30pm Reformer Pilates: Signature Elis	9.30am MOVE Julian		10.30am Reformer Pilates: Sequence Nicole	2pm Reformer Pilates: Sequence Maggie	
12.30pm MOVE Justin	6.30pm Mat Pilates Lucy	12.30pm MOVE Julian Stretch & Reset Tereza	12.30pm Mat Pilates Lucy BUILD Justin	12.30pm MOVE Lauren		
1pm Mat Pilates Lucy	BUILD Justin	2.30pm On the House: Body Max 2.0	6pm Mat Pilates Emma	2.30pm On the House: Floor 4		
2.30pm On the House: Floor 4	7.30pm Breathwork, Meditation & Energy Healing Elise	5pm Barre Sculpt Amanda	6.30pm BUILD Justin			
4.30pm Reformer Pilates: Flow Maggie		6pm Reformer Pilates: Signature Elis	7pm Yin Yoga Tereza			
5.30pm Reformer Pilates: Signature Maggie		7pm Reformer Pilates: Sequence Elis				
7pm Power Yoga Paul						

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.