

January

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 | Lucy
2.30pm
On the House: Floor 4
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 | Lucy
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
2.30pm
On the House:
Body Max 2.0
5pm
Barre Sculpt | Amanda
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
Mat Pilates | Lucy
BUILD | Justin
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
2.30pm
On the House:
Floor 4

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

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.