

# SHOREDITCH GYM

SOHO HOUSE

# July classes

## MOVEMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> 7.30-8.15am Sam	<b>Legs, Glutes &amp; Core</b> 7.30-8.15am Paul	<b>House Strength</b> 7.30-8.15am Luciana	<b>Kettlebells</b> 10-10.45am Paul	<b>House Strength</b> 7.30-8.15am Luciana	<b>Aromathe-Rapy Yoga</b> 10-11am Josephine	<b>House Flow</b> 10-11am Sam
<b>Barre</b> 8.30-9.15am Sam	<b>House F.I.T</b> 10-10.45am Paul	<b>Booty Camp</b> 9-9.45am Luciana	<b>Stretch &amp; Flex</b> 12-12.45pm Francesca	<b>Aromathe-Rapy Yoga</b> 10-11am Josephine	<b>Power Vinyasa</b> 11.15-12.15pm Francesca	<b>Barre</b> 11:15-12pm Sam
<b>Aromathe-Rapy Yoga</b> 10-11am Josephine	<b>House Flow</b> 1-2pm Cj		<b>House Flow</b> 1-2pm Errin	<b>Boxing</b> 12-1pm Ryan	<b>Stretch &amp; Flex</b> 12.30-1.15pm Francesca	<b>Dance Cardio By Ayb</b> 12:15-1pm Khayla
<b>Boxing</b> 1.15-2.15pm Ryan	<b>Sound Healing</b> 5-6pm Lauren		<b>Full Body Blast</b> 6.30-7.15pm Luther	<b>Pilates</b> 1.30-2.30pm Alli		
<b>Zumba</b> 6.30-7.15pm Pachelle	<b>Pilates</b> 6.30-7.30pm Alli					

All classes £10

Book at reception or via the SH.APP

Enjoy unlimited classes plus complimentary Wash & Fold for £120

Please arrive at least 10 minutes before the class starts and check in at the gym.