

Soho Farmhouse Movement Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am House Ripped <i>Boathouse Studio - Steph</i>	8am House HIIT <i>Boathouse Studio - Bebe</i>	8:15am Reformer Pilates - Essential <i>Wellness Barn - Eileen</i>	9:30am Pilates & Stretch <i>Boathouse Studio - Reas</i>	7:30am Pilates <i>Boathouse Studio - Eileen</i>	8:15am Bootcamp <i>Gym Floor - Leagha</i>	8:15am Dynamic Vinyasa Flow <i>Wellness Barn - Vicky</i>
7:30am Bootcamp <i>Gym Floor - Lauren</i>	8:30am Mens Hitters Tennis <i>Tennis Courts - Adam</i>	9:30am House Ripped <i>Boathouse Studio - Steph</i>	9:30am House Ride Results <i>House Ride Studio - Liz</i>	8:15am Reformer Pilates - Essential <i>Wellness Barn - Kate L</i>	9:30am Dynamic Pilates <i>Boathouse Studio - Alexandra</i>	9:30am Dynamic Vinyasa Flow <i>Wellness Barn - Vicky</i>
9:30am Fitness Yoga <i>Wellness Barn - Kate</i>	9:30am Reformer Pilates - Essential <i>Wellness Barn - Eileen</i>	9:30am House Ride Fusion <i>House Ride Studio - Christina</i>	9:30am Reformer Pilates - Dynamic <i>Wellness Barn - Alexandra</i>	9:30am Lower Body & Core <i>Boathouse Studio - Bebe</i>	9:30am House Ride Results <i>House Ride Studio - Alex</i>	9:30am House Ride Fusion <i>House Ride Studio - Christina</i>
10am Effective Recovery <i>Boathouse Studio - Alan</i>	9:30am Lower Body & Core <i>Boathouse Studio - Bebe</i>	9:30am Reformer Pilates - Progressive <i>Wellness Barn - Eileen</i>	10am Woman's Improver Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am Vinyasa Flow <i>Wellness Barn - Vicky</i>	11am Yoga Flow <i>Wellness Barn - Rhi</i>
10am Woman's Beginner Tennis <i>Tennis Courts - Adam</i>	9:30am House Ride Results <i>House Ride Studio - Alex</i>	10am Woman's Advanced Tennis <i>Tennis Courts - Adam</i>	10:30am Body Sculpt & Tone <i>Boathouse Studio - Lynsey</i>	9:30am Reformer Pilates - Essential <i>Wellness Barn - Kate L</i>	11am House Ride Rhythm <i>House Ride Studio - Alex</i>	11am House Ride Rhythm <i>House Ride Studio - Lucy</i>
11am Pilates <i>Wellness Barn - Steph</i>	10am Woman's Intermediate Tennis <i>Tennis Courts - Adam</i>	10:30am Barre Fitness <i>Boathouse Studio - Steph</i>	10:45am Reformer Pilates - Dynamic <i>Wellness Barn - Alexandra</i>	10am Mens Hitters Tennis <i>Tennis Courts - Adam</i>	11:30am TRX Class <i>Indoor RIG - Leagha</i>	11:00am Body Sculpt & Tone <i>Boathouse Studio - Lynsey</i>
11am House Ride Rhythm <i>House Ride Studio - Kate</i>	11am Pilates <i>Boathouse Studio - Eileen</i>	11am House Ride Rhythm <i>House Ride Studio - Eileen</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	10:45am Upper Body and Core <i>Boathouse Studio - Bebe</i>	12:30pm TRX Class <i>Indoor RIG - Leagha</i>	
1:30pm Cardio Dance <i>Boathouse Studio - Steph</i>	11am House Ride Rhythm <i>House Ride Studio - Liz</i>	11:45am Yoga Flow <i>Wellness Barn - Nikki</i>	11:30am Intermediate Woman's Tennis <i>Tennis Courts - Adam</i>	10:45am Reformer Pilates - Progressive <i>Wellness Barn - Kate L</i>	12:30pm Reformer Pilates - Progressive <i>Wellness Barn - Steph</i>	
2:15pm Improver/Intermediate Matchplay <i>Tennis Courts - Adam</i>	11:30am Improver Ladies Tennis <i>Tennis Courts - Adam</i>	12:45pm Mindfulness Meditation <i>Wellness Barn - Nikki</i>	12:30pm On The House <i>Gym Floor - Fitness Coach</i>	11am House Ride Rhythm <i>House Ride Studio - Kate</i>		
5pm Restorative Yoga <i>Wellness Barn - Nikki</i>	12:30pm On The House <i>Gym Floor - Fitness Coach</i>	2pm Yoga <i>Wellness Barn - Katie</i>	2pm Advanced Matchplay Tennis <i>Tennis Courts - Adam</i>	11:30am Intermediate + Woman's Tennis <i>Tennis Courts - Adam</i>		
6:15pm House Ride Results <i>House Ride Studio - Liz</i>	12:30pm Reformer Pilates - Progressive <i>Wellness Barn - Eileen</i>	7pm House Ride Rhythm <i>House Ride Studio - Christina</i>	6:15pm Box HIIT <i>Boathouse Studio - Matt</i>	12:15pm Fitness Yoga <i>Wellness Barn - Kate</i>		
				1:30pm Cardio Dance <i>Boathouse Studio - Steph</i>		
				3pm Qigong <i>Wellness Barn - Sian</i>		