## Soho Farmhouse Movement Timetable



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