

August

WHITE CITY GYM SOHO HOUSE

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	9am Barre Amanda Conditioning Marchon	9.30am Power yoga Fiona
7.15am Power yoga Tereza	7.30am Conditioning Marchon Dynamic pilates Jordan	7.30am Strength Marchon	7.30am Conditioning Marchon	7.30am Power yoga Tereza Strength Marchon	10am House F.I.T David T Strength Marchon	11am House strength circuit Tyrese Reformer Pilates: Sequence Thomas
7.30am Strength Marchon	8.30am Strength Marchon	8.30am Conditioning Marchon	8.30am Strength Marchon Reformer Pilates: Signature Teagan	8.30am Conditioning Marchon	10.30am Boxing Farelle	12pm Reformer Pilates: Flow Thomas
8.30am Conditioning Marchon	9.30am Power yoga Gigi Conditioning Marchon	9.30am House F.I.T Strength Marchon	9.30am Reformer Pilates: Signature Teagan Conditioning Marchon	9.30am Athletic Series Strength Marchon Reformer Pilates: Signature Cerys	11am Perform series Rory Contemporary pilates Charlie	1.30pm Power yoga Yildiz
8.45am Reformer Pilates: Signature Teagan	12pm Vinyasa yoga Olivia	12.30pm Boxing Farelle Power yoga Gigi Strength Marchon	11.30am TRX Adam	12.30pm Dynamic pilates Jordan Strength Marchon	12pm Small group pt Rory	2.30pm On the House
9.30am Strength Marchon House F.I.T	12.30pm Conditioning Marchon	2.30pm On the House	12.30pm Pilates fusion Jordan Conditioning Marchon	2.30pm On the House	12.30pm Power yoga Tereza	
11.30am Boxing Daniel	1.30pm Reformer Pilates: Signature Aylin	6.30pm Run club Marchon	2.30pm On the House	5.30pm BARRE Rebecca	2pm Reformer Pilates: Signature Thomas	
12.30pm Strength Marchon	2.30pm On the House	7pm Reformer Pilates: Signature Sophie	6.30pm Dynamic pilates Jordan Boxing Nat		2.30pm On the House	
1pm Fusion Jordan	6.30pm Boxing Nat Contemporary pilates Charlie					
2.30pm On the House						
5pm Reformer Pilates: Signature Thomas						
7pm TRX Adam Power yoga Paul						

All classes £10

Book at reception or via the members' app.

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