

# July

## WHITE CITY GYM SOHO HOUSE

# Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Rooftop yoga   Tereza	6.30am Strength   Marchon	6am Rooftop yoga   Tereza	6.30am Strength   Marchon	6am Rooftop pilates   Georgia	9am Barre   Amanda Conditioning   Marchon	9.30am Power yoga   Fiona
6.30am Conditioning   Marchon	7.30am Conditioning   Marchon Dynamic pilates   Jordan	6.30am Conditioning   Marchon	7.30am Conditioning   Marchon	6.30am Conditioning   Marchon	10am House F.I.T   David T Strength   Marchon	11am House strength circuit Tyrese
7.15am Power yoga   Tereza	8.30am Strength   Marchon	7.30am Strength   Marchon	8.30am Strength   Marchon	7.30am Power yoga   Tereza Strength   Marchon	10.30am Boxing   Farelle	Reformer Pilates: Sequence   Thomas
7.30am Strength   Marchon	9.30am Power yoga   Gigi Conditioning   Marchon	8.30am Conditioning   Marchon	Reformer Pilates: Signature   Teagan	8.30am Conditioning   Marchon	11am Perform series   Rory Contemporary pilates Charlie	12pm Reformer Pilates: Flow   Thomas
8.30am Conditioning   Marchon Reformer Pilates: Signature   Teagan	12pm Vinyasa yoga   Olivia	9.30am House F.I.T Strength   Marchon	9.30am Reformer Pilates: Signature   Teagan Conditioning   Marchon	9.30am Tour de France Cycling class Strength   Marchon	12pm Small group pt   Rory	1.30pm Power yoga   Yildiz
9.30am Strength   Marchon House F.I.T	12.30pm Conditioning   Marchon	12.30pm Boxing   Farelle Power yoga   Gigi Strength   Marchon	11.30am TRX   Adam	Reformer Pilates: Signature   Cerys		2.30pm On the House
11.30am Boxing   Daniel	1.30pm Reformer Pilates: Signature   Aylin	2.30pm On the House	12.30pm Pilates fusion   Jordan Conditioning   Marchon	12.30pm Dynamic pilates   Jordan Strength   Marchon	12.30pm Power yoga   Tereza	
12.30pm Strength   Marchon	2.30pm On the House		2.30pm On the House	2.30pm On the House	2pm Reformer Pilates: Signature   Thomas	
1pm Fusion   Jordan	6pm Strength   Marchon	6pm Conditioning   Marchon		5.30pm BARRE   Rebecca	2.30pm On the House	
2.30pm On the House	6.30pm Boxing   Nat Contemporary pilates Charlie	6.30pm Run club   Marchon	6.30pm Dynamic pilates   Jordan Boxing   Nat			
5pm Reformer Pilates: Signature   Thomas	7pm Conditioning   Marchon	7pm Strength   Marchon Reformer Pilates: Signature   Sophie				
6pm Conditioning   Marchon						
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.