

## SHOREDITCH HEALTH CLUB

Monday	House Sculpt <b>9am-9.45am</b> Sam Burnard	House Flow <b>12pm-1pm</b> Sam Vora	House Strength <b>1.15pm-2.30pm</b> Lewis Akpata	Boxing <b>6.15pm-7.15pm</b> Mark Walker	Yin Yoga <b>7.30pm-8.30pm</b> Sam Vora	
Tuesday	Barre <b>8am-8.45am</b> Vivien Szlatinsky	Kettelbells <b>9.30am-10.15am</b> Paul Fuller	House Sweat <b>12pm-1pm</b> Peter Botas	Pilates <b>6pm-7pm</b> Alli James	House Sculpt <b>7.15pm-8pm</b> Kevin Ketti	
Wednesday	Dynamic Pilates <b>7am-8.15am</b> Poppy Young	House Strength <b>8am-8.45am</b> Kate Newman	Boxing <b>12pm-1pm</b> Mark Walker	Barre <b>1.15pm-2pm</b> Olivia Lumb	House Fusion <b>6pm-7pm</b> Juan Amo	Yoga Core <b>7.15pm-8.15pm</b> Hongyi Huang
Thursday	House Sweat <b>7.30am-8.15am</b> Lewis Akpata	House Fusion <b>12pm-1pm</b> Errin Briscoe	Dance Cardio by AYB <b>6.30pm-7.15pm</b> Fraser Murray			
Friday	House Flow <b>7.30am-8.30am</b> Paleta CalmQuality	Boxing <b>12pm-1pm</b> Mark Walker	Pilates <b>1.15pm-2.15pm</b> Alli James	House Strength <b>5.30pm-6.15pm</b> Peter Botas		
Saturday	House Flow <b>10am-11am</b> Francesca Sloan	House Strength <b>12pm-1pm</b> Kate Newman				
Sunday	House Flow <b>9am-10am</b> Sam Burnard	Barre <b>10.15am-11am</b> Sam Burnard	Dance Cardio by AYB <b>11.30am-12.15pm</b> Fraser Murray			

Book online or via the SH.APP

Please arrive at least 10 minutes before the class starts and check in at the Health Club desk.

Enjoy unlimited classes plus complimentary Wash & Fold for £120