

JULY

Movement Classes

MONDAY

HIIT 7.30am-8.15am, Sam B
HOUSE SWEAT 9am-9.45am, Lewis A
HOUSE FLOW 12pm-1pm, Sam V
BOXING 1.15pm-2.15pm, Mark W
DANCE CARDIO BY AYB 6pm-6.45pm, Frazer M
YIN YOGA 7.15pm-8.15pm, Sam V

TUESDAY

GLUTES & CORE 8am-8.45am, Paul F
KETTLEBELLS 9:30am-10:15am, Paul F
12X3 BOXING 11.30am-12.30pm, Ryan P
POWER YOGA 1pm-2pm, CJ
PILATES 6.30pm-7.30pm, Alli J

WEDNESDAY

BARRECORE SHAKE 7.30am-8.20am
HOUSE SCULPT 9am-9.45am, Olivia L
HOUSE STRENGTH LOWER BODY 10.30am-11.15, Luciana M
BOXING 12pm-1pm, Mark W
CALISTHENICS 6pm-7pm, Juan
YOGA CORE 7.15pm-8.15pm, Hongyi H

THURSDAY

HOUSE STRENGTH 8am-8.45am, Kate N
ON THE HOUSE 9.30am-10am, Paul F
HOUSE FLEX 12pm-1pm, Errin B
DANCE CARDIO BY AYB 6pm-6.45pm, Frazer M
BOXING 7pm-8pm, Mark W

FRIDAY

HOUSE FLOW 8am-9am, Paleta C
BOXING 12pm-1pm, Mark W
PILATES 1:30pm-2:30pm, Alli J
HOUSE STRENGTH 6pm-6.45pm, Peter B

SATURDAY

HOUSE STRENGTH 10am-11am, Kate N
MANDALA FLOW 12pm-1pm, Francesca S

SUNDAY

HOUSE FLOW 10am-11am, Sam B
BARRE 11:15pm-12pm, Sam B
DANCE CARDIO BY AYB 12:15pm-1pm, Fraser M

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

All classes £10. Book online or via the SH.APP. Enjoy unlimited classes plus complimentary Wash & Fold for £120