



BABINGTON HOUSE

# FITNESS CLASSES

## MONDAY

9am | Body Max with Charlie  
11.30am | Mat Pilates with Clare

## TUESDAY

9.30am | Vinyasa Yoga with Polly  
11.30am | Mat Pilates with Clare  
4.30pm | Padel with Alejo  
5.30pm | Padel with Alejo  
6pm | Meditation & Breathwork  
with Emma  
6.30pm | Padel with Alejo

## WEDNESDAY

9.30am | Mat Pilates with Clare  
1.30pm | Stretch & Reset  
with Nicky  
6pm | Deep Flow Yoga with Linda  
7.15pm | Boxing with Mark

## THURSDAY

8am | Power Yoga with Polly  
9.30am | Stretch & Reset with Nicky  
6pm | Tennis Beginners with Stephen  
7pm | Tennis Intermediate with Stephen  
8pm | Cardio Tennis with Stephen

## FRIDAY

7.45am | Babington 5k Run Club  
with Johnny  
9.30am | Vinyasa Yoga with Polly  
11am | Floor 4 with Charlie  
12pm | Foam Roller with Claire  
(once a month)

## SATURDAY

9am | Body Max with Charlie  
10am | Vinyasa Yoga with Polly  
11am | Cardio Padel with Alejo

## SUNDAY

10am | Mat Pilates with Clare

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