



BABINGTON HOUSE

FITNESS CLASSES

MONDAY

9.30am | Mat Pilates with Clare Jevons
11am | Ketonah Yoga with Chloe Baio
1pm | Total Body HIIT with Charlie Homer
6pm | Qi Gong with Jayne James

TUESDAY

9.30am | Vinyasa Yoga with Polly Kemp
4pm | Padel with Alejo Garcigoy
5pm | Padel with Alejo Garcigoy
6pm | Padel with Alejo Garcigoy

WEDNESDAY

9.30am | Mat Pilates with Clare Jevons
12pm | Intro to ZenFlow with Charlie Homer
1.30pm | Stretch & Reset with Nicky Whitaker

THURSDAY

8am | Power Yoga with Polly Kemp
9.30am | Calisthenics with Nicky Whitaker
6pm | Meditation & Breathwork
with Chloe Baio

FRIDAY

7.45am | Babington 5k Run Club
with Johnny & Ed
9.30am | Vinyasa Yoga with Polly Kemp
11am | Floor 4 with Charlie Homer
12pm | Foam Roller with Clare Jevons

SATURDAY

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

SUNDAY

10am | Mat Pilates with Clare Jevons

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