



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

THURSDAY

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

TUESDAY

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

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

WEDNESDAY

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

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.