



BABINGTON HOUSE

# FITNESS CLASSES

## MONDAY

9am | HIIT with Charlie  
11.30am | Pilates with Clare  
2pm | Conscious Connected  
Breathwork with Sam

## TUESDAY

9.30am | Yoga with Polly  
11.30am | Pilates with Clare  
1pm | Body Boost with Nicky  
6pm | Chill + Restore with Emma

## WEDNESDAY

9.30am | Pilates with Clare  
12pm | Intro to ZenFlow Energy  
Healing with Charlie  
1.30pm | Stretch, Glutes and Core  
with Nicky  
6pm | Hatha Yoga with Linda  
7.15pm | House Boxing with Mark

## THURSDAY

8am | Yoga with Polly  
9.30am | Stretch, Glutes and Core  
with Nicky

## FRIDAY

7.45am | Babington 5k Run Club  
with Johnny  
9.30am | Yoga with Polly  
11am | Foam Rolling with Claire  
(once a month)

## SATURDAY

10am | Yoga with Polly  
10am | HIIT with Charlie

## SUNDAY

10am | Pilates with Clare

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