

March classes

MOVEMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Max 7.30–8.20am Sam	Floor 4 7.30–8.20am Paul	Floor 4 7.30–8.20am Luciana	Vinyasa Yoga 7.30–8.20am Sebastian	Floor 4 7.30–8.20am Luciana	Aroma-therapy Yoga 10–11am Josephine	Barre Sculpt 10–10.50am Sam
Barre Sculpt 8.30–9.20am Sam	Body Max 12–12.30pm Paul	Mat Pilates 5pm–5.50pm Lucy	Floor 4 10–10.50am Paul	Boxing 12–12.50pm Gregory	Power Yoga 11.15–12.05pm Francesca	Signature Burn 11.15am–12.05pm Sam
Aroma-therapy Yoga 10–11am Josephine	Vinyasa Yoga 1–50pm CJ	Body Max 6.30–7.20pm Luther	Stretch & Reset 12–12.50pm Linda	Mat Pilates 1.30–2.20pm Lucy	Stretch & Reset 12.30–1.20pm Francesca	Body Max 12.30–1.20pm Luther
Boxing 12–12.50pm Gregory	Sound Healing 5–6pm Lilita		Power Yoga 1–1.50pm Linda			
Floor 4 6.30–7.20pm Luther	Mat Pilates 6.30–7.20pm Lucy					

All classes £15
Book at reception or via the SH.APP

Enjoy unlimited classes plus
complimentary Wash & Fold for £120

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