

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	6.30am Strength Marchon	6.30am Conditioning Marchon	9am Barre Sculpt Amanda Conditioning Marchon	9.30am Power Yoga Portia
6.45am Rooftop Yoga Tereza	7.30am Mat Pilates Emma Conditioning Marchon	6.45am Rooftop Yoga Tereza	7am Barre Sculpt Madeline	6.45am Rooftop Pilates Georgia	10am Metabolic Shift David T Strength Marchon	11am So Strong Coach Reformer Pilates: Sequence Zeynep
7.30am Strength Marchon	8.30am Strength Marchon	7.30am Strength Marchon Body Max Julian	7.30am Conditioning Marchon	7.30am Strength Marchon Power Yoga Tereza	12pm Floor 4 Dominic	12pm Reformer Pilates: Flow Zeynep
7.45am Power Yoga Tereza	9.30am Power Yoga Gigi Conditioning Marchon	8.30am Conditioning Marchon	8.30am Reformer Pilates: Signature Teagan Strength Marchon	8.30am Conditioning Marchon	12.30pm Vinyasa Yoga Tereza	1.30pm Vinyasa Yoga Yildiz
8.30am Conditioning Marchon	12.30pm Conditioning Marchon So Strong	9.30am Strength Marchon Metabolic Shift	9.30am Conditioning Marchon Reformer Pilates: Signature Teagan	9.30am Reformer Pilates: Signature Nicole Strength Marchon Metabolic Shift	2pm Reformer Pilates: Signature Megan	
9.30am Strength Marchon Metabolic Shift	1.30pm Reformer Pilates: Signature Zeynep	12.30pm Strength Marchon Power yoga Gigi	12.30pm Mat Pilates Lucy Conditioning Marchon So Strong	12.30pm Strength Marchon Reformer Pilates: Flow Megan		
12.30pm Strength Marchon	6pm So Strong Justin	2.30pm On the House: Body max	6.30pm Mat Pilates Emma	2.30pm On the House: Floor 4		
1pm Mat Pilates Lucy	6.30pm Mat Pilates Lucy	5pm Barre Sculpt Amanda				
2.30pm On the House: Floor 4	7.30pm Breathwork, Meditation & Energy Healing Elise	7pm Reformer Pilates: Signature Sophie				
7pm Power Yoga Paul						

All classes £15
Book at reception or via the members’ app.
Please arrive at least 10 minutes before the class starts
and check in at the gym.