

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	9.30am Power Yoga Fiona
6.45am Rooftop Yoga Tereza	7.30am Mat Pilates Emma	6.45am Rooftop Yoga Tereza	7.30am Conditioning Marchon	6.45am Rooftop Pilates Georgia	Conditioning Marchon	11am So Strong Coach
7.30am Strength Marchon	Conditioning Marchon	7.30am Strength Marchon	8.30am Reformer Pilates: Signature Teagan	7.30am Strength Marchon	10am Metabolic Shift David T	Reformer Pilates: Sequence Zeynep
7.45am Power Yoga Tereza	8.30am Strength Marchon	7.45am Stretch & Reset Tereza	Strength Marchon	7.45am Power Yoga Tereza	12pm Floor 4 Dominic	12pm Reformer Pilates: Flow Zeynep
8.30am Conditioning Marchon	9.30am Power Yoga Gigi	8.30am Conditioning Marchon	9.30am Conditioning Marchon	8.30am Conditioning Marchon	12.30pm Vinyasa Yoga Tereza	1.30pm Vinyasa Yoga Yildiz
8.45am Reformer Pilates: Signature Nicole	Conditioning Marchon	9.30am Metabolic Shift	Reformer Pilates: Signature Teagan	9.30am Reformer Pilates: Signature Nicole	2pm Reformer Pilates: Signature Megan	
9.30am Metabolic Shift	So Strong	9.45am Strength Marchon	12.30pm Mat Pilates Lucy	Metabolic Shift		
9.45am Strength Marchon	1.30pm Reformer Pilates: Signature Zeynep	12.30pm Strength Marchon	Conditioning Marchon	9.45am Strength Marchon		
12.30pm Strength Marchon	6pm So Strong Justin	Power yoga Gigi	6.30pm Mat Pilates Emma	12.30pm Strength Marchon		
1pm Mat Pilates Lucy	6.30pm Mat Pilates Lucy	2.30pm On the House: Body max		Reformer Pilates: Flow Megan		
2.30pm On the House: Floor 4	7pm Metabolic Shift Justin	7pm Reformer Pilates: Signature Sophie		2.30pm On the House: Floor 4		
5pm Reformer Pilates: Signature Ross	7.30pm Breathwork, Meditation & Energy Healing Elise			5.30pm Reformer Pilates: Signature Kayla		
7pm Power Yoga Paul				6.30pm Reformer Pilates: Sequence Kayla		

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.