



BABINGTON HOUSE

FITNESS CLASSES

MONDAY

9am | HIIT with Charlie
11.30am | Pilates with Clare

TUESDAY

9.30am | Yoga with Polly
11.30am | Pilates with Clare
5:00pm | Padel Beginners
with Alejo
6:00pm | Padel Intermediate
with Alejo
7:00pm | Padel Intermediate
with Alejo
6.30pm | Meditation 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)
12.30pm | Body Boost with Nicky

SATURDAY

10am | Yoga with Polly
10am | HIIT with Charlie
11am | Cardio Padel with Alejo

SUNDAY

10am | Pilates with Clare
11am | Cardio Padel with Alejo

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