

Timetable

MONDAY

180 Run Club x Cadence	7am
Kick Boxing Fundamentals Simon	8am
Vinyasa Yoga Linda	12.30pm
Tower Pilates Lily	3pm
Meditation & Breathwork Elise	6pm

TUESDAY

Power Yoga Jed	8am
Mat Pilates Linda	12.30pm
Vinyasa Yoga Linda	1.30pm
Sound Healing Lilita	2.45pm
Boxing Greg	6pm

WEDNESDAY

Tower Pilates Josie	7.30am
Yoga Red Light & Recovery Jed	8am
Mat Pilates Eisha	11.30am
Mat Pilates Gemma	12.30pm
Tower Pilates Lily	6pm
180 Run Club X Cadence	7pm

THURSDAY

Tower Pilates Lily	8am
Grip & Rip Paul	9am
Aromatherapy Josephine	10am
The Ritual Josephine	11am
Body Max 2.0 Suzy	12pm
Tower Pilates Lily	12.30pm
Barre Sculpt Madeline	1.30pm
Vinyasa Yoga Kim	4pm

FRIDAY

Rooftop Sunrise Yoga Linda	7am
Boxing Greg	7.30am
Mat Pilates Linda	8.30am
<i>On The House:</i>	
Body Max Tobias	12.30pm
Yin Yoga Marie	1.15pm
Meditation & Breathwork Kim	4pm

SATURDAY

Tower Pilates Lily	9am
Kick Boxing Fundamentals Simon	9am
Mat Pilates Lily	10am
Body Max 2.0 Suzy	11.45pm
Power Yoga Wen	1pm

SUNDAY

Rooftop Sound Bath Josephine	8am
Power Yoga Kim	10am
Meditation & Breathwork Kim	11.15am
Body Max 2.0 Suzy	12.30pm
Sound Healing Lilita	3pm

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

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

Enjoy unlimited classes plus complimentary Wash & Fold for £180