

Timetable

MONDAY

Body Max 2.0	Sam	7.30-8.20am
Barre Sculpt	Sam	8.30-9.20am
Aromatherapy Yoga	Josephine	10-11am
Floor 4	Yasmin	5-5.50pm
Boxing	Gregory	6-6.50pm

TUESDAY

Floor 4	Suzy	7.30-8.20am
Grip & Rip	Paul	10.30-11.20pm
On the house		
Body Max 2.0	Tom	12-12.30pm
Vinyasa Yoga	Evie	1-1.50pm
Sound Healing	Lilita	5-6pm
Mat Pilates	Lucy	6.30-7.20pm

WEDNESDAY

Floor 4	Luciana	7.30-8.20am
Body Max	Luciana	9-9.50am
Boxing	Gregory	12-12.50pm
Mat Pilates	Lucy	2.30-3.20pm
Meditation &		
Breathwork	Kimberly	4-4.50pm
Body Max 2.0	Suzy	6.30-7.20pm

THURSDAY

Vinyasa Yoga	Jed	7.30-8.20am
Floor 4	Yasmin	10-10.50am
Body Max 2.0	Yasmin	12-12.50pm
Power Yoga	Linda	1-1.50pm
Boxing Conditioning	Greg	3-3.50pm
Sound Healing	Lilita	6-7pm

FRIDAY

Floor 4	Luciana	7.30-8.20am
Boxing	Gregory	12-12.50pm
Mat Pilates	Lucy	1.30-2.20pm
Vinyasa Yoga	Jed	4-4.50pm

SATURDAY

Body Max 2.0	Suzy	9-9.50am
Aromatherapy Yoga	Josephine	10-11am
Power Yoga	Linda	11.15am-12.05pm
Stretch & Reset	Linda	12.30-1.20pm

SUNDAY

Power Yoga	Jed	9-9.50am
Meditation and		
Breath Work	Kimberly	5-5.50pm
Stretch & Reset	Kimberly	6-6.50pm

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

Enjoy unlimited classes plus
complimentary Wash & Go for £180

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