

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

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

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

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

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

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