

January Classes

MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 7.30-8.15am Sam	LEGS, GLUTES & CORE 7.30-8.15am Paul	DYNAMIC YOGA WITH PROPS 7.30-8.30am Tiffany	POWER FLOW - YOGA WHEEL 8-9am Aeysha	HOUSE STRENGTH 7.30-8.30am Fiona	AROMATHERAPY YOGA 10-11am Josephine	HOUSE FLOW 10-11am Sam
BARRE 8.30-9.15am Sam	HOUSE F.I.T 10-10.45am Paul	HOUSE STRENGTH 9-9.45am Fiona	KETTLEBELLS 10-10.45am Paul	BOXING 12-1pm Mark	POWER VINYASA 11.15-12.15pm Francesca	BARRE 11:15-12pm Sam
AROMATHERAPY YOGA 10-11am Josephine	HOUSE FLOW 1-2pm CJ	BOXING 1-2pm Ana	STRETCH AND FLEX 12-12.45pm Francesca	PILATES 1.30-2.30pm Alli	STRETCH AND FLEX 12.30-1.15pm Francesca	DANCE CARDIO BY AYB 12:15-1pm Saiba
BOXING 1.15-2.15pm Mark	SOUND HEALING 5-6pm Lauren	BARRE 5.30-6.15pm Emma	HOUSE FLOW 1-2pm Errin			
ZUMBA 5.30-6.15pm Fernando	PILATES 6.30-7.30pm Alli	HIIT 6.30-7.15pm Emma	FULL BODY BLAST 5.30-6.15pm Luther			

All classes £10

Book at reception or via the SH.APP

Enjoy unlimited classes plus complimentary Wash & Fold for £120

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