

Home House

GYM CLASS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>MAX NUMBER</u>	<u>TRAINER</u>
MONDAY	9:30AM	LEGS, BUMS & TUMS (LBT)	30 MINUTES	6	SHERRY
MONDAY	6PM	HOME HOUSE RUNNING CLUB	60 MINUTES	10	DAWIT
MONDAY	6PM	MAT PILATES	45 MINUTES	6	ROMY
TUESDAY	12PM	BODY HIIT (BODY WEIGHT)	40 MINUTES	6	DAWIT
WEDNESDAY	12:30PM	METABOLIC CONDITIONING	30 MINUTES	5	KIERAN
WEDNESDAY	5.30PM	TABATA	30 MINUTES	5	YEVGENIY
THURSDAY	11:30AM	YOGA, VINYASA FLOW	60 MINUTES	8	NICOLA
FRIDAY	12PM	TRIPLE A, ARMS, ABS & ASS	40 MINUTES	6	LUIGI
SATURDAY	10AM	BOX SWEAT	40 MINUTES	6	HAITHEM

*All classes must be booked in advance via the Home House App

*Late cancelations will be charged £15 and no show will be charged £20