

Home House

G Y M C L A S S S C H E D U L E

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>MAX NUMBER</u>	<u>TRAINER</u>
MONDAY	9AM	LEGS, BUMS & TUMS (LBT)	30 MINUTES	6	SHERRY
MONDAY	6PM	MAT PILATES (CHARGABLE)	60 MINUTES	6	ROMY
TUESDAY	12PM	BODY HIIT	40 MINUTES	6	DAWIT
TUESDAY	6PM	BESPOKE SMALL GROUP YOGA (CHARGABLE)	60 MINUTES	6	REKA
WEDNESDAY	12PM	HOME HOUSE RUNNING CLUB	45 MINUTES	10	DAWIT
WEDNESDAY	12:30PM	METABOLIC CONDITIONING	30 MINUTES	5	KEIRAN
WEDNESDAY	6 PM	MAT PILATES	45 MINUTES	8	ROMY
THURSDAY	11:30 AM	YOGA, VINYASA FLOW	60 MINUTES	8	REKA
THURSDAY	6PM	TABATA	30	5	YEVGENIY
FRIDAY	12PM	TRIPLE A, ARMS, ABS & ASS	45 MINUTES	6	LUIGI
SATURDAY	1PM	BOX SWEAT	45 MINUTES	6	HAITHEM

*Chargeable classes start from £15 Book at gym reception or via the members' app. *Please arrive at least 5 minutes before the class starts and check in at the gym reception. * late cancelations will be charged £15 and no show £20.