

# 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.