

	MON	TUE	WED	THU	FRI	SAT
07:00	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
08:00	LEGS GLUTES	HIIT	UPPER BODY	YOGA	LEGS SQUATS	RUN CLUB
		YOGA		HIIT		
09:00	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	FULL BODY
		YOGA				YOGA
10:00						YOGA
17:30	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
18:30	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
	YOGA		YOGA			

SMALL GROUP PERSONAL TRAINING SCHEDULE

LEGS GLUTES

A full body strength training session with a focus on the glutes.

UPPER BODY

A full body strength training session with a focus on the upper body.

LEGS SQUATS

A full body strength training session with a focus on squatting movements.

HIIT

A functional fitness class with a consistent high intensity.

RUN CLUB

A 45-50 minute outdoor run session suited to all levels of running.

YOGA

Relax and unwind with our signature Vinyasa Flow, to leave you feeling energised and recharged.

BOOKING

TO BOOK EMAIL ESPALIFE.LONDON@CORINTHIA.COM

All classes are 55 Minutes Long | Up to 4 people per SGPT session | Up to 9 people per Yoga session
Complimentary for members and Corinthia London guests.

