

	MON	TUE	WED	THU	FRI	SAT
07:00	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
		YOGA		YOGA		
08:00	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	INDOOR RUN CLUB (During winter)
		YOGA	PILATES	YOGA		
09:00	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	FULL BODY
						YOGA
10:00	LEGS GLUTES	STRETCH CLASS	UPPER BODY	HIIT	LEGS SQUATS	YOGA
17:30	LEGS GLUTES	HIIT	UPPER BODY	STRETCH CLASS	LEGS SQUATS	
18:30	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
	YOGA		YOGA			

## SMALL GROUP PERSONAL TRAINING

### 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 (WINTER)

A 45-50 minute run session, held indoors during the winter months, suited to all levels of running.

### YOGA

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

### PILATES

A full-body workout focusing on core strength, flexibility, and posture, designed to improve balance and alignment.

### STRETCH (30 MINUTES)

A calming class focused on improving flexibility and mobility, helping to release tension and enhance overall range of motion.

TO BOOK EMAIL [ESPALIFE.LONDON@CORINTHIA.COM](mailto: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.

