

| | 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

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.

