

	MON	TUE	WED	THU	FRI	SAT
<b>07:00</b>	LEGS GLUTES	HIIT	UPPER BODY	YOGA	LEGS SQUATS	
		YOGA		HIIT		
<b>08:00</b>	LEGS GLUTES	HIIT	UPPER BODY	YOGA	LEGS SQUATS	INDOOR RUN CLUB (During winter)
		YOGA		HIIT		
<b>09:00</b>	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	FULL BODY
						YOGA
<b>10:00</b>	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	YOGA
<b>17:30</b>	LEGS GLUTES	HIIT	UPPER BODY	HIIT	LEGS SQUATS	
<b>18:30</b>	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 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.

## BOOKING

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.

