

	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	OUTDOOR RUN CLUB
		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	SOUND HEALING		

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 suited to all levels of running, held outdoors during the spring and summer months.

YOGA

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

***NEW* SOUND HEALING**

Soothing and harmonizing effects of vibrations calm the mind, promote emotional balance, and enhance overall mental well-being.

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.

AUGUST BANK HOLIDAY
PLEASE NOTE THERE WILL BE A MODIFIED SCHEDULE ON 25 AUGUST 2025

Monday 25 August Morning SGPT class only and Yoga at 18:30

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.

