



SELECTION OF FREE ONLINE CLASSES

YOGA

Yyoga offers free yoga classes [here](#).

YOGA, CARDIO & CORE TRAINING, BARRE

MY PEAK CHALLENGE

30days of challenge available [here](#).

- Yoga on days 3, 10, 17 and 24
- Cardio workouts the other days

BASIC FIT

Various workouts available [here](#).
(no need to have a Facebook account)

PSYCLE LONDON

Various boosting or relaxing workouts
available [here](#).
(only if you have an Instagram account)

Your
health is
important
to us

CORE & ABS

Intensive 15' training available [here](#).

PILATES

[Here](#) | [Here](#) | [Here](#)

BALLET

A refreshing 30' training inspired
by ballet moves [here](#).

Enjoy!