

R0WB0TS

THE
RATHBONE HOTEL
LONDON

Use code 'RATHBONE20' to claim 20% off Class Packs and Membership



Maximum Effect

50 minutes of explosive floor work combined with the most effective machine in the gym - The Rower

Minimum Impact

No pounding on a tread, your knees will be thanking you

Mind + Body

Experiential classes engineered with mental health conditioning at the core to empower and awaken the mind



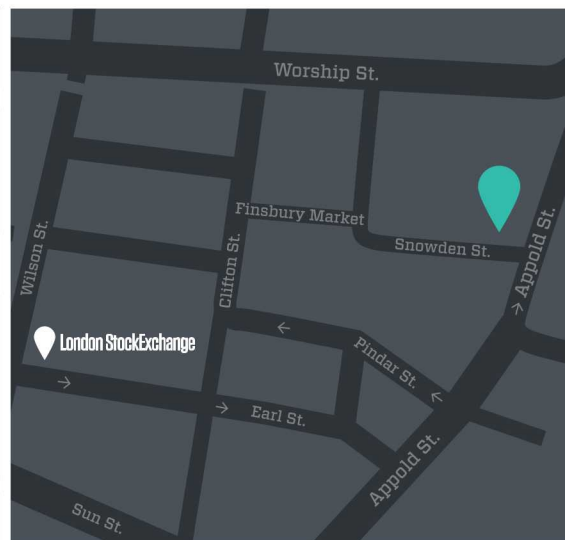
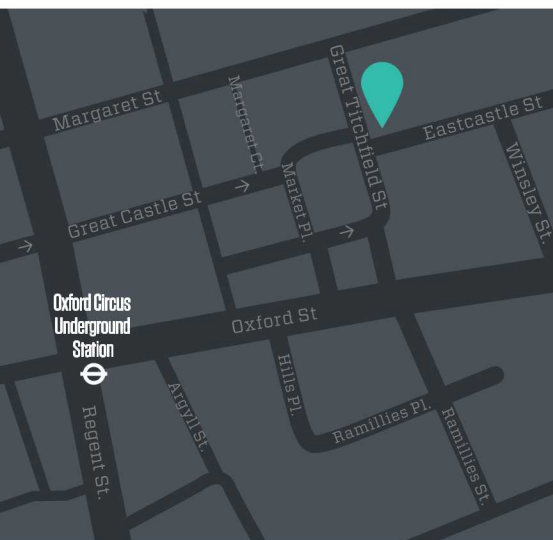
Sign up online at: rowbots.co.uk

ROWBOTS FITZROVIA

6 Great Titchfield Street,
London, W1W 8BB

ROWBOTS CITY

Broadgate Quarter, 9 Appold Street,
London, EC2A 2AP



For more info visit: rowbots.co.uk

[f](#) [i](#) [@rowbotslondon](#) #switchon