

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 – 7am <b>GRIT™</b> Blair Studio One	6.30 – 7.15am <b>SPIN</b> Tanysha Group Cycle	6.30 – 7am <b>EXPRESS BODY ATTACK™</b> Donal Studio One	6.30 – 7.15am <b>SPIN</b> Donal Group Cycle	6.30 – 7am <b>EXPRESS BODY ATTACK™</b> Donal Studio One	7.45 – 8.45am <b>PILATES</b> Jo-Ann Studio One	9 – 9.30am <b>HYDRO SPIN</b> Roxi Outdoor Pool
7 – 7.45am <b>BODYPUMP™</b> Blair Studio One	8.15 – 9.15am <b>VINYASA FLOW YOGA</b> Juliet Studio One	7 – 7.45am <b>BODYPUMP™</b> Donal Studio One	7 – 7.45am <b>CARDIO BLAST</b> Roy Gym Floor	7 – 7.45am <b>BODYPUMP™</b> Donal Studio One	8.20 – 8.50am <b>GRIT STRENGTH™</b> Blair Studio Two	9 – 9.45am <b>LBT</b> Ayesha Studio One
8.45 – 9.30am <b>HIIT AND CORE</b> Roy Studio One	8.30 – 9am <b>HIIT SPIN</b> Clare Group Cycle	7 – 8am <b>PILATES</b> Jocelyn Studio Two	8.30 – 9.30am <b>BODYPUMP™</b> Geri Studio One	8 – 9am <b>BACK TO BASICS PILATES</b> Susanne Studio Two	8.45 – 9.45am <b>PILATES</b> Jo-Ann Studio One	9.15 – 9.45am <b>HIIT SPIN</b> Ben Group Cycle
9 – 9.45am <b>SPIN</b> Gym staff Group Cycle	9.15 – 10am <b>HIIT AND CORE</b> Clare Studio One	8.15 – 9.15am <b>VINYASA FLOW YOGA</b> Juliet Studio Two	9.05 – 9.50am <b>SPIN</b> Geri Group Cycle	8.30 – 9.15am <b>HIIT AND CORE</b> Clare Studio One	8.50 – 9.20am <b>GRIT CARDIO™</b> Blair Studio Two	9.30 – 10.15am <b>BARRE™</b> Lauren Studio Two
9 – 9.30am <b>CORE ATTACK</b> Donovan Studio Two	9.30 – 10am <b>TRX</b> Tanysha Studio Two	8.20 – 9.05am <b>BEGINNERS SPIN</b> Susanne Group Cycle	10 – 11am <b>BODYBALANCE™</b> Geri Studio Two	9.15 – 9.45am <b>TRX</b> Zuzana Studio Two	9 – 9.45am <b>SPIN</b> Geri Group Cycle	10 – 11am <b>PILATES</b> Jocelyn Studio One
9.30 – 10am <b>TRX</b> Roxi Studio Two	10 – 10.30am <b>CORE BLAST</b> Tanysha Studio Two	8.45 – 9.15am <b>GRIT™</b> Donovan Studio One	9.35 – 10.20am <b>FIT BALL</b> Ayesha Studio One	9.15 – 10am <b>ZUMBA</b> Susanne Studio One	9 – 9.45am <b>AQUA</b> Ayesha Indoor Pool	10 – 10.45am <b>SPIN</b> Ben Group Cycle
9.30 – 10.15am <b>LBT</b> Liz Studio One	10.10 – 10.55am <b>AQUA</b> Clare Indoor Pool	9.15 – 10am <b>ABS CONDITIONING</b> Susanne Studio One	10.20 – 11.05am <b>BODY CONDITIONING</b> Ayesha Studio One	9.30 – 10.15am <b>SPIN</b> Geri Group Cycle	9.30 – 10.15am <b>STEP</b> Lauren Studio Two	10.30 – 11.15am <b>BOX FIT</b> Lauren Studio Two
9.30 – 10.15am <b>AQUA</b> Zuzana Indoor Pool	10 – 11am <b>BODYPUMP™</b> Ayoola Studio One	9.30 – 10am <b>HIIT SPIN</b> Geri Group Cycle	11.15am – 12pm <b>AQUA</b> Ayesha Indoor Pool	9.30 – 10.15am <b>AQUA</b> Clare Indoor Pool	9.45 – 10.45am <b>BODYPUMP™</b> Geri Studio One	11 – 11.45am <b>SPIN</b> Ben Group Cycle
10 – 10.30am <b>SPORTS STRETCH</b> Roxi Studio Two	11.10am – 12.10pm <b>BODYBALANCE™</b> Ayoola Studio Two	10.15 – 11am <b>BARRE™</b> Geri Studio Two	11.15am – 12.15pm <b>PILATES</b> Kaysha Studio One	9.45 – 10.15am <b>CORE BLAST</b> Zuzana Studio Two	10 – 10.30am <b>BEGINNERS SPIN</b> Ayesha Group Cycle	11am – 12pm <b>PILATES</b> Jocelyn Studio One
10.15 – 11am <b>DANCE ZUMBA</b> Deby Studio One	11.15am – 12.15pm <b>PILATES</b> Jocelyn Studio One	10 – 11am <b>AEROTONE</b> Susanne Studio One	1.30 – 2.30pm <b>SLOW FLOW AND RESTORE YOGA</b> Juliet Studio One	10 – 11am <b>LBT</b> Susanne Studio One	10.15 – 11.15am <b>TBW</b> Lauren Studio Two	11.30am – 12.30pm <b>BODYBALANCE™</b> Lauren Studio Two
11 – 11.30am <b>BEGINNERS SPIN</b> Roy Group Cycle	7 – 7.45pm <b>SPIN</b> Roy Group Cycle	11.05 – 11.50am <b>LBT</b> Geri Studio One		10.30 – 11am <b>BEGINNERS SPIN</b> Clare Group Cycle	10.45 – 11.15am <b>HIIT</b> Geri Studio One	12 – 1pm <b>BODYPUMP™</b> Mike Studio One
11.10am – 12.10pm <b>YOGALATES</b> Adela Studio One	7 – 8pm <b>PILATES</b> Lauren Studio One	11.15am – 12.15pm <b>HATHA YOGA</b> Alice Studio Two		10.20 – 11.20am <b>BODYBALANCE™</b> Geri Studio Two	10.45 – 11.30am <b>SPIN</b> Ayesha Group Cycle	
12.30 – 1.30pm <b>BODYPUMP™</b> Zuzana Studio One	7.15 – 8.15pm <b>BODYPUMP™</b> Geri Studio Two	11.15am – 12pm <b>AQUA</b> Susanne Indoor Pool		11.15 – 11.45am <b>HYDRO SPIN</b> Susanne Indoor Pool	11.15am – 12.15pm <b>BODYBALANCE™</b> Geri Studio One	
1 – 2pm <b>SLOW FLOW AND RESTORE YOGA</b> Juliet Studio Two		12.15 – 1.15pm <b>MATURE MOVERS</b> Lauren Studio One		11.20am – 12.05pm <b>BARRE™</b> Geri Studio Two	11.30am – 12pm <b>TRX</b> Gym staff Studio Two	
6.30 – 7.15pm <b>BODYATTACK™</b> Donal Studio One		12.30 – 1.30pm <b>BODYPUMP™</b> Ayoola Studio Two		12.30 – 1.30pm <b>PILATES</b> Lauren Studio One	12 – 12.30pm <b>SPORTS STRETCH</b> Gym staff Studio Two	
7 – 7.45pm <b>SPIN</b> Phuriwat Group Cycle		1.15 – 2.15pm <b>PILATES</b> Lauren Studio One			4 – 5.30pm <b>SIVANANDA YOGA</b> Alison	
7.30 – 8.30pm <b>BODYPUMP™</b> Mike Studio One		7 – 7.45pm <b>ZUMBA</b> Amelia Studio One				
7.30 – 9pm <b>SIVANANDA YOGA</b> Alison Studio Two		7.15 – 7.45pm <b>HYDRO SPIN</b> Gym staff Indoor Pool				
		7.30 – 8.30pm <b>BODYPUMP™</b> Geri Studio Two				

# Studio timetable

Guarantee your space by booking classes in advance –  
visit Health Club Reception, call 020 8480 4245  
or go to [www.roehamptonclub.co.uk](http://www.roehamptonclub.co.uk)

Fee payable for these classes