

# Fitness Class Timetable

## Autumn 2020



Please book in advance – online via the Members' website or call Reception on 020 8480 4200. Classes can be booked three days in advance.

- From 2<sup>nd</sup> November 2020, there will be a **Vinyasa Flow Yoga class with Juliet** on Mondays, 12.30 – 1.30pm in Studio 2
- From 15<sup>th</sup> November 2020, there will be a **Barre class with Lauren H** on Sundays, 10.30 – 11.15am
- Sunday's 9.30 – 10.15am **HIIT and Core class** with Roy will be taken by Lauren H from 15<sup>th</sup> November 2020

| STUDIO CLASS                                             | INDOOR BOOTCAMP | ONLINE CLASS | IN THE POOL | SPIN STUDIO |
|----------------------------------------------------------|-----------------|--------------|-------------|-------------|
| <b>MONDAY</b>                                            |                 |              |             |             |
| 6.15 – 6.45am <b>GRIT</b> with Blair, S1                 |                 |              |             |             |
| 7 – 7.45am <b>BodyPump</b> with Blair, S1                |                 |              |             |             |
| 7.45 – 8.45am <b>Pilates</b> with Susanne                |                 |              |             |             |
| 8.45 – 9.30am <b>HIIT and Core</b> with Roy, S1          |                 |              |             |             |
| 9 – 9.45am <b>Spin</b> with Tanysha                      |                 |              |             |             |
| 9 – 9.45am <b>HIIT and Core</b> with Zuzanna             |                 |              |             |             |
| 10 – 10.45am <b>LBT</b> with Susanne, S1                 |                 |              |             |             |
| 10.30 – 11.30am <b>Ballet Fit</b> with Ayesha            |                 |              |             |             |
| 11 – 11.30am <b>Beginner Spin</b> with Roy               |                 |              |             |             |
| 11.15am – 12pm <b>Zumba</b> with Susanne, S1             |                 |              |             |             |
| 12.30 – 1.30pm <b>BodyPump</b> with Zuzana, S1           |                 |              |             |             |
| 1.45 – 2.45pm <b>Pilates</b> with Lauren H, S1           |                 |              |             |             |
| 6.30 – 8pm <b>Sivananda Yoga</b> with Alison, S2         |                 |              |             |             |
| 6.45 – 7.30pm <b>Spin</b> with Phuriwat                  |                 |              |             |             |
| 7 – 8pm <b>BodyPump</b> with Mike, S1                    |                 |              |             |             |
| <b>TUESDAY</b>                                           |                 |              |             |             |
| 6.30 – 7.15am <b>Spin</b> with Tanysha                   |                 |              |             |             |
| 7.15 – 7.45am <b>GRIT</b> with Blair, S1                 |                 |              |             |             |
| 8.30 – 9.15am <b>HIIT and Core</b> with Clare, S1        |                 |              |             |             |
| 8.30 – 9am <b>Indoor Bootcamp</b> with Faith, S2         |                 |              |             |             |
| 9.15 – 10am <b>HIIT and Core</b> with Ben                |                 |              |             |             |
| 9.30 – 10.15am <b>Spin</b> with Clare                    |                 |              |             |             |
| 9.45 – 10.45am <b>BodyPump</b> with Ayoola, S1           |                 |              |             |             |
| 10.10 – 10.40am <b>Stretch</b> with Ben                  |                 |              |             |             |
| 10.30 – 11am <b>HIIT Spin</b> with Tanysha               |                 |              |             |             |
| 10.45 – 11.45am <b>Pilates</b> with Pamela, S2           |                 |              |             |             |
| 11am – 12pm <b>Pilates</b> with Jocelyn                  |                 |              |             |             |
| 11.10 – 11.40am <b>Hydro</b> with Susanne                |                 |              |             |             |
| 11.15am – 12.15pm <b>BodyBalance</b> with Ayoola, S1     |                 |              |             |             |
| 12.30 – 1pm <b>HIIT</b> with Gym Staff, S2               |                 |              |             |             |
| 7 – 8pm <b>Pilates</b> with Lauren H, S1                 |                 |              |             |             |
| 7.15 – 8pm <b>Spin</b> with Roy                          |                 |              |             |             |
| <b>WEDNESDAY</b>                                         |                 |              |             |             |
| 6.15 – 6.45am <b>Express BodyAttack</b> with Donal, S1   |                 |              |             |             |
| 7 – 7.45am <b>BodyPump</b> with Donal, S1                |                 |              |             |             |
| 7.30 – 8.30am <b>Stretch Pilates</b> with Susanne        |                 |              |             |             |
| 8.30 – 9.30am <b>Vinyasa Flow Yoga</b> with Juliet       |                 |              |             |             |
| 8.45 – 9.30am <b>Abs</b> with Susanne, S1                |                 |              |             |             |
| 9 – 10am <b>Pilates</b> with Zuzana, S2                  |                 |              |             |             |
| 9.15 – 10am <b>Spin</b> with Roy                         |                 |              |             |             |
| 10 – 11am <b>Aerotone</b> with Susanne, S1               |                 |              |             |             |
| 10.15–11.15am <b>Body Conditioning</b> with Ayesha       |                 |              |             |             |
| 11.30am – 12.30pm <b>Pilates</b> with Susanne, S1        |                 |              |             |             |
| 12.30 – 1pm <b>HIIT</b> with Gym Staff, S2               |                 |              |             |             |
| 1 – 2pm <b>BodyPump</b> with Pamela, S1                  |                 |              |             |             |
| 1.10 – 1.40pm <b>Hydro Spin</b> with Gym Staff           |                 |              |             |             |
| 1.15 – 1.45pm <b>Stretch</b> with Gym Staff, S2          |                 |              |             |             |
| 6 – 7pm <b>Sivananda Yoga</b> with Jocelyn               |                 |              |             |             |
| 7 – 8pm <b>BodyPump</b> with Mike, S1                    |                 |              |             |             |
| <b>THURSDAY</b>                                          |                 |              |             |             |
| 6.30 – 7.15am <b>Spin</b> with Donal, S1                 |                 |              |             |             |
| 7 – 7.45am <b>BodyPump</b> with Blair, S1                |                 |              |             |             |
| 8.30 – 9.15am <b>BodyPump</b> with Ayesha, S1            |                 |              |             |             |
| 8.30 – 9.15am <b>HIIT and Core</b> with Roy              |                 |              |             |             |
| 9.20 – 10.05am <b>Spin</b> with Ayesha                   |                 |              |             |             |
| 10.10 – 10.55am <b>Fitball</b> with Ayesha, S1           |                 |              |             |             |
| 10.15 – 11.15am <b>Pilates</b> with Pamela, S2           |                 |              |             |             |
| 11.05 – 11.45am <b>Aqua</b> with Ayesha                  |                 |              |             |             |
| 12 – 12.45pm <b>LBT</b> with Ayesha, S1                  |                 |              |             |             |
| 11.45am – 12.45pm <b>BodyPump</b> with Pamela, S2        |                 |              |             |             |
| 1 – 2pm <b>Yoga</b> with Pamela, S1                      |                 |              |             |             |
| 7 – 8pm <b>Pilates</b> with Susanne                      |                 |              |             |             |
| <b>FRIDAY</b>                                            |                 |              |             |             |
| 6.15 – 6.45am <b>Express BodyAttack</b> with Donal, S1   |                 |              |             |             |
| 7 – 7.45am <b>BodyPump</b> with Donal, S1                |                 |              |             |             |
| 7 – 7.45am <b>HIIT and Core</b> with Roy                 |                 |              |             |             |
| 8.30 – 9.15am <b>HIIT and Core</b> with Claire, S1       |                 |              |             |             |
| 8.30 – 9am <b>Zumba</b> with Amelia                      |                 |              |             |             |
| 9.05 – 9.45am <b>Aqua</b> with Susanne                   |                 |              |             |             |
| 9.30 – 10.15am <b>Spin</b> with Clare                    |                 |              |             |             |
| 10 – 11am <b>Back to Basics Pilates</b> with Susanne, S1 |                 |              |             |             |
| 10 – 10.45am <b>LBT</b> with Roy                         |                 |              |             |             |
| 11am – 12pm <b>BodyBalance</b> with Tom, S2              |                 |              |             |             |
| 11.15am – 12pm <b>LBT</b> with Susanne, S1               |                 |              |             |             |
| 12.15 – 1.15pm <b>BodyPump</b> with Pamela, S2           |                 |              |             |             |
| 12.30 – 1.30pm <b>Pilates</b> with Susanne, S1           |                 |              |             |             |
| <b>SATURDAY</b>                                          |                 |              |             |             |
| 7.45 – 8.45am <b>Pilates</b> with Jo-anne, S2            |                 |              |             |             |
| 8.30 – 9am <b>GRIT Strength</b> with Blair, S2           |                 |              |             |             |
| 9 – 10am <b>Pilates</b> with Susanne                     |                 |              |             |             |
| 9 – 9.45am <b>Spin</b> with Lauren                       |                 |              |             |             |
| 9 – 9.45am <b>BodyPump</b> with Ayesha, S1               |                 |              |             |             |
| 9.15 – 9.45am <b>GRIT Cardio</b> with Blair, S2          |                 |              |             |             |
| 10 – 10.45am <b>Spin</b> with Geri                       |                 |              |             |             |
| 10 – 10.45am <b>LBT</b> with Ayesha                      |                 |              |             |             |
| 10.15 – 11am <b>Step</b> with Lauren, S1                 |                 |              |             |             |
| 11 – 11.45am <b>Spin</b> with Ayesha                     |                 |              |             |             |
| 11 – 11.45am <b>BodyPump</b> with Geri, S2               |                 |              |             |             |
| 11.30am – 12.30pm <b>BodyBalance</b> with Tom, S1        |                 |              |             |             |
| <b>SUNDAY</b>                                            |                 |              |             |             |
| 9 – 9.45am <b>LBT</b> with Ayesha, S1                    |                 |              |             |             |
| 9 – 9.45am <b>Spin</b> with Ben                          |                 |              |             |             |
| 9.30 – 10.15am <b>HIIT and Core</b> with Roy             |                 |              |             |             |
| 10 – 11am <b>Pilates</b> with Jocelyn                    |                 |              |             |             |
| 10.15 – 11am <b>Spin</b> with Ben                        |                 |              |             |             |
| 10.15 – 11am <b>Body Pump</b> with Ayesha, S1            |                 |              |             |             |
| 11.15am – 12.15pm <b>Pilates</b> with Ben, S1            |                 |              |             |             |
| 11.20am–12.20pm <b>Gentle Hatha Yoga</b> with Jocelyn    |                 |              |             |             |
| 12.45 – 1.45pm <b>Body Pump</b> with Mike, S1            |                 |              |             |             |



**VIEW ON YOUR MOBILE**

Scan the QR code to view the timetable on your mobile.