

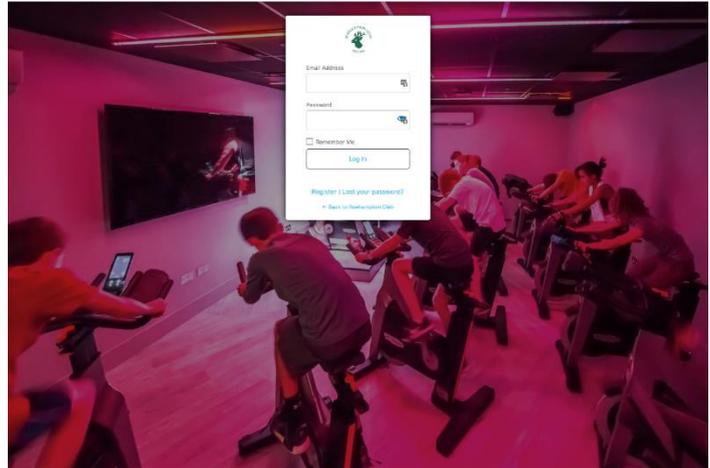
Roehampton Club Live – online fitness class app

Instructions and frequently asked questions



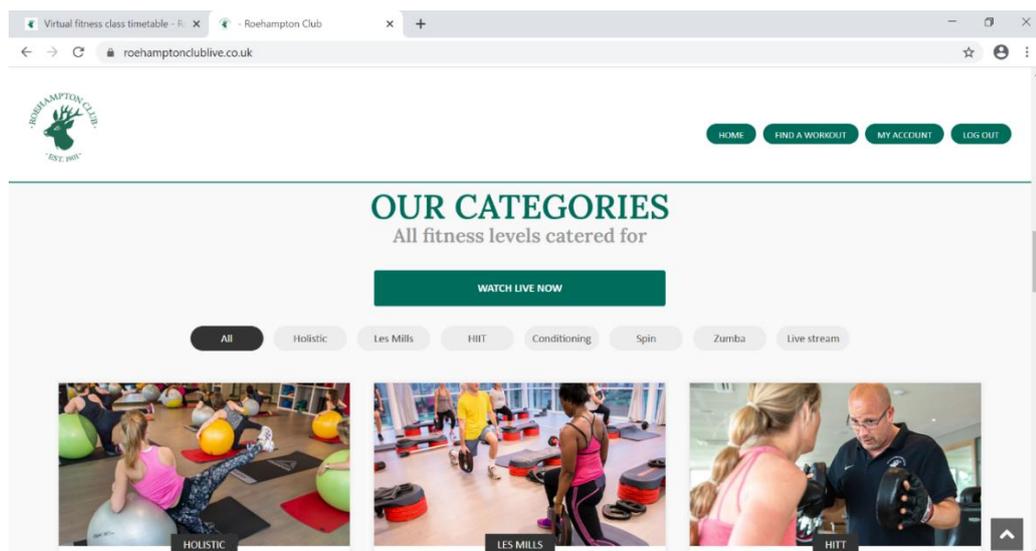
Roehampton Club Live has been updated and the main changes are below:

- Members may now sign up via the homepage at www.roehamptonclublive.co.uk and click register (see right) and type in their details accordingly.
- Members may now re-set their own password by clicking on 'lost your password' – simply follow the instructions



Logging in to a live class:

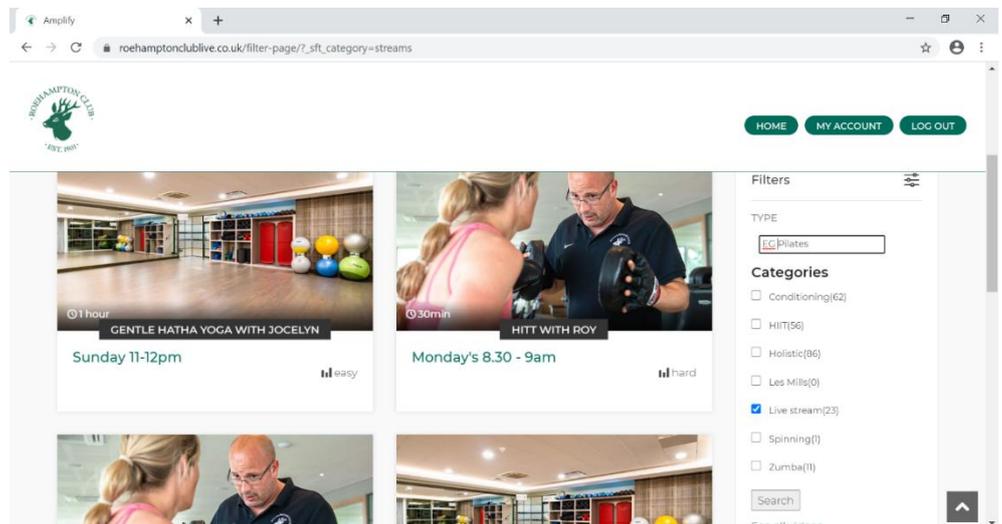
- After login, scroll down to the 'OUR CATEGORIES' section.



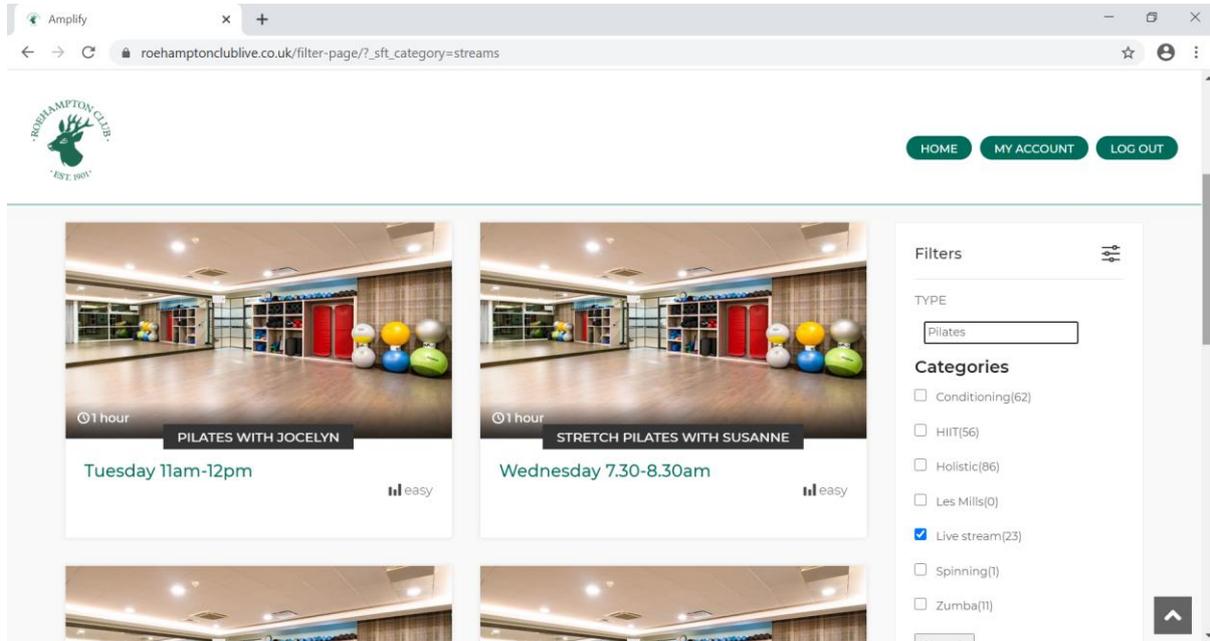
- Click 'WATCH LIVE NOW' (in the big green box with white letters).

This will come up with a list of live classes OR type in the search bar (to the right, above categories) for the class. Ensure that the 'live stream' box is ticked in blue.

- Press enter

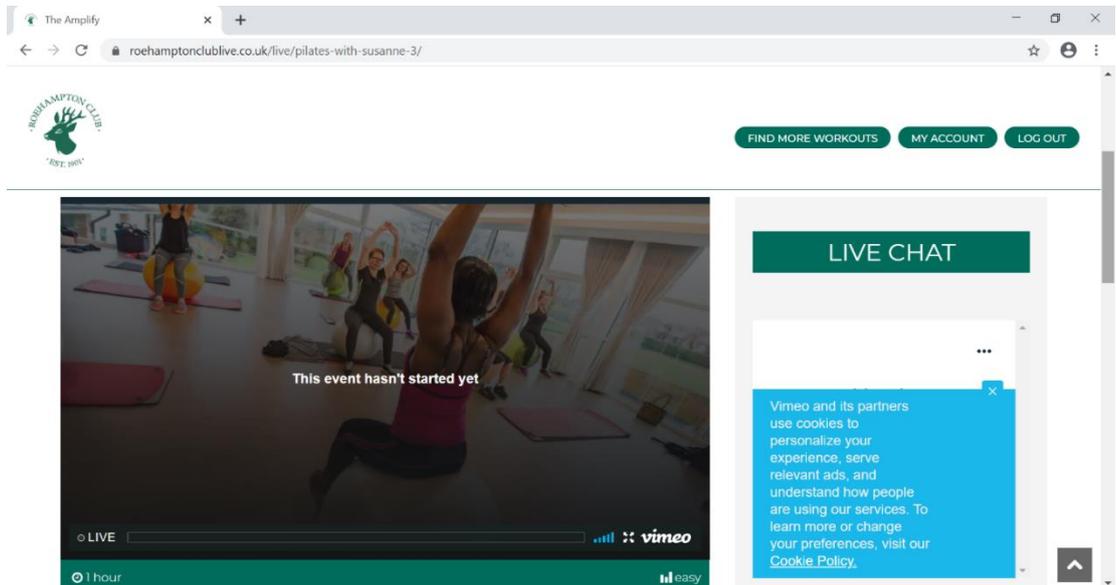


- All classes with that title will appear:



- Scroll to the relevant class e.g. Saturday 9-10am Pilates with Susanne and click.

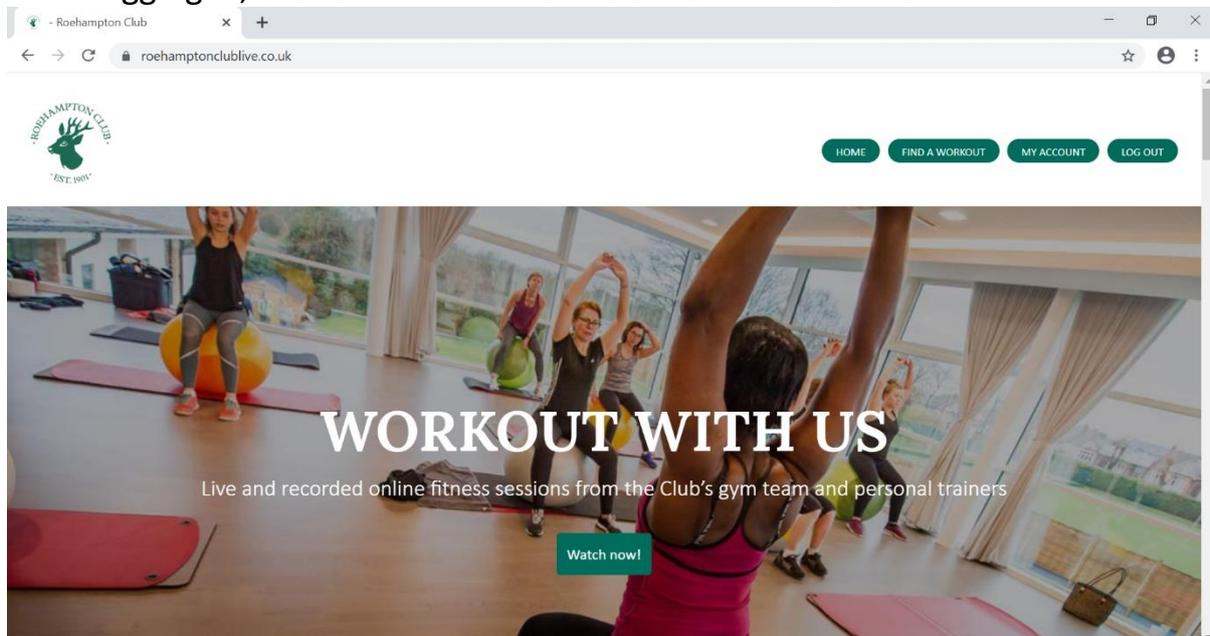
- This screen will appear:



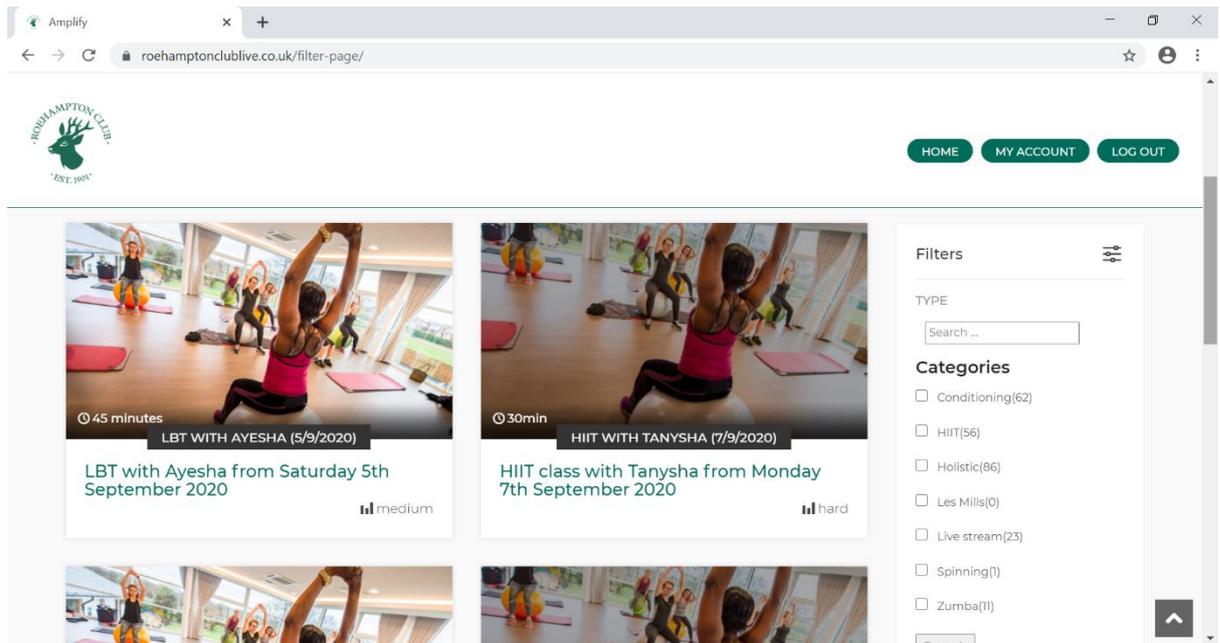
- When the class is due to start the class will appear.

Log into a saved class:

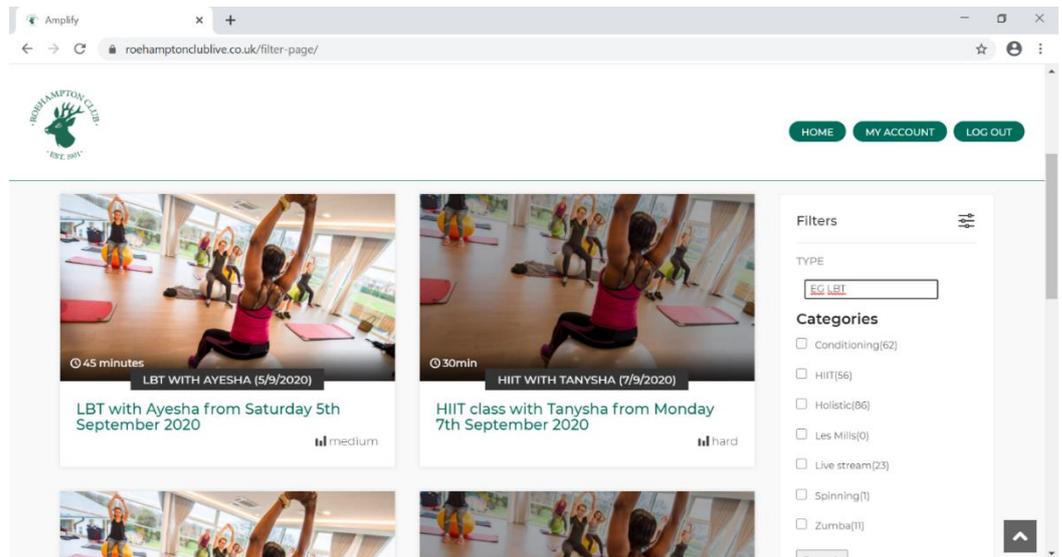
- After logging in, click on 'FIND A WORKOUT' OR 'WATCH NOW'.



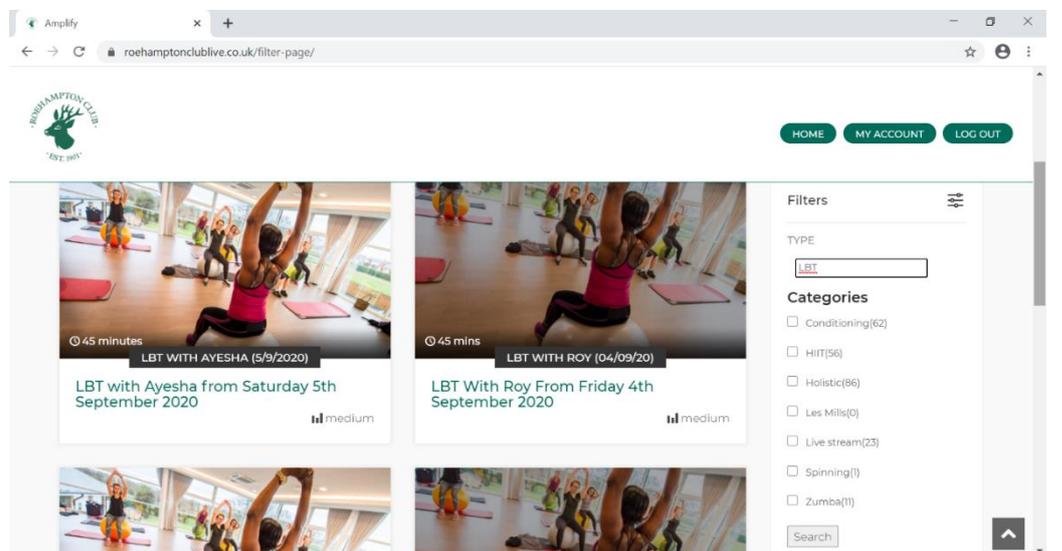
- Both options will go to the library of classes.



- To the right of screen type in the required class e.g. LBT to search for those classes. There's no need to select a category.



- All classes with that name will appear. Select the desired class by clicking on it and then pressing play:





[FIND MORE WORKOUTS](#) [MY ACCOUNT](#) [LOG OUT](#)



46:28
45 mins medium

WHAT YOU NEED

- Yoga mat
- Bottle of water
- 3 square meters of space

[SEE MORE WORKOUTS LIKE THIS](#)

[SEE ONE OF OUR LIVE STREAMS](#)

