

Fitness Class Timetable

Winter 2020

Please book in advance – online via the Members' website at www.roehamptonclub.co.uk or call Reception on 020 8480 4200. Classes may be booked three days in advance.



STUDIO CLASS – S1, S2, SPIN	ONLINE CLASS	IN THE POOL
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MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am GRIT with Blair, S1	6.30-7.15am Spin with Tanysha	6.15-6.45am Express BodyAttack - Donal, S1
7-7.45am BodyPump with Blair, S1	7.15am-7.45am GRIT with Blair S1	7-7.45am BodyPump with Donal, S1
7-7.45am HIIT and Core with Zuzana	8.30-9.15am HIIT and Core - Clare, S1	7.30-8.30am Stretch Pilates - Susanne
7.45-8.45am Pilates with Susanne	8.30-9am Indoor Bootcamp - Faith S2	8.45-9.30am Abs with Susanne, S1
8.45-9.30am HIIT and Core with Roy, S1	9.15-10am HIIT and Core with Ben	9-10am Vinyasa Flow Yoga with Juliet <i>- no class from 21 December to 11 January</i>
9-9.45am Spin with Tanysha	9.30-10.15am Spin with Clare	9-10am Pilates with Zuzana, S2
10-10.45am LBT with Susanne, S1	9.45-10.45am BodyPump - Ayoola, S1	9.15-10am Spin with Roy
10.30-11.30am Ballet Fit with Ayesha	10.10-10.40am Mobility Stretch - Ben	10-11am Aerotone with Susanne, S1
11-11.30am Beginner Spin with Roy	10.30 – 11am HIIT Spin with Tanysha	10.15-11.15am Body Conditioning - Ayesha
11-11.45am Zumba with Susanne, S1	10.45-11.45am Pilates - Pamela, S2	11.30am-12.30pm Pilates - Susanne, S1
12-1pm Vinyasa Flow Yoga with Juliet <i>- no class from 21 December to 11 January</i>	11-am-12pm Pilates with Jocelyn	12.30-1pm HIIT with Gym Staff, S2
12.30-1.30pm BodyPump - Zuzana, S1	11.10-11.40am Hydro with Susanne	1-2pm BodyPump with Pamela, S1
1.45-2.45pm Pilates with Lauren H, S1	11.15am-12.15pm BodyBalance - Ayoola, S1	1.10-1.40pm Hydro Spin with Gym Staff
6.30-8pm Sivananda Yoga - Alison, S2	12.30-1pm HIIT with Gym Staff, S2	1.15-1.45pm Stretch with Gym Staff, S2
6.45-7.30pm Spin with Phuriwat	6.15-6.45pm TRX with Zuzana	7-8pm BodyPump with Mike, S1
7-8pm BodyPump with Mike, S1	7-8pm Power Pump with Zuzana	
	7-8pm Pilates with Lauren H, S1	
	7.15-8pm Spin with Roy	

THURSDAY	FRIDAY	SATURDAY
6.30-7.15am Spin with Donal	6.15-6.45am Express BodyAttack - Donal, S1	7.45-8.45am Pilates with Jo-anne, S1
7-7.45am BodyPump with Blair, S1	7-7.45am BodyPump with Donal, S1	8.30-9am GRIT Strength with Blair, S2
8.30-9.15am BodyPump with Ayesha, S1	7-7.45am HIIT and Core with Roy	9-10am Pilates with Susanne
8.30-9.15am HIIT and Core with Roy	8.30-9.15am HIIT and Core with Clare, S1	9-9.45am Spin with Lauren
9.20-10.05am Spin with Ayesha	8.30-9am Zumba with Amelia	9-9.45am BodyPump with Ayesha, S1
10.10-10.55am Fitball with Ayesha, S1	9.05-9.45am Aqua with Susanne	9.15-9.45am GRIT Cardio with Blair, S2
10.15-11.15am Pilates with Pamela, S2	9.30-10.15am Spin with Clare	10-10.45am Spin with Geri
11.05-11.45am Aqua with Ayesha	10-11am Back to Basics Pilates - Susanne, S1	10-10.45am LBT with Ayesha
11.45am-12.45pm BodyPump - Pamela, S2	10-10.45am LBT with Roy	10.15-11am Step with Lauren, S1
12-12.45pm LBT with Ayesha, S1	11am-12pm BodyBalance with Tom, S2	11-11.15am Spin with Ayesha
1-2pm Yoga with Pamela, S1	11.15am-12pm LBT with Susanne, S1	11-11.45am BodyPump with Geri, S2
7-8pm Pilates with Susanne	12.15-1.15pm BodyPump - Pamela, S2	11.30am-12.30pm BodyBalance - Tom, S1
	12.30-1.30pm Pilates with Zuzana, S1	

SUNDAY	
9-9.45am LBT with Ayesha, S1	10.30-11.15am BARRE with Lauren, S2
9-9.45 Spin with Ben	10.15-11am Body Pump with Ayesha, S1
9.30-10.15am HIIT and Core with Lauren	11.15am-12.15pm Gentle Hatha Yoga with Jocelyn
10-11am Pilates with Jocelyn	11.15am-12.15pm Pilates with Ben, S1
10.15 – 11am Spin with Ben	12.45-1.45pm Body Pump with Mike, S1