

# Outdoor and Online Fitness Update

## Monday 19<sup>th</sup> April 2021



The new artificial grass area for Outdoor Training and Classes is progressing well and we expect for this to be ready for Members to use the week commencing 26<sup>th</sup> April.

Our Outdoor Programme of Classes continue on the grass area by the Tulloch Clinic.

### NEW Trial Outdoor Spin Class:

**Type:** Express Spin  
**When:** Friday 23<sup>rd</sup> April  
**Time:** 11:15am – 11:45am  
**Location:** Outdoor Pool  
**Instructor:** Tanysha  
**Bookings:** Available from Tuesday 20<sup>th</sup> April

If you have any questions please speak to a Member of the Health Club team.

### Class booking information:

- *Bookings can then be made 3 days in advance (from 6:30am daily)*
- *Under all circumstances, please cancel more than 12hrs in advance.*
- *All no shows will be blocked from booking for a 7-day period.*
- *Please be careful and considerate when making bookings to ensure you only book one session.*
- *Please book the correct session that you wish to attend.*
- *We will make every effort to contact you if a Class is cancelled due to poor weather.*

[Click here for online fitness via the Roehampton Club Live website](#)

### Outdoor, Online and Pool Classes

#### Monday

7-7.45am – HIIT and Core – Zuzana –

[www.roehamptonclublive.co.uk/live/hiit-core-with-zuzana/](http://www.roehamptonclublive.co.uk/live/hiit-core-with-zuzana/)

**7 – 7.30am – GRIT Cardio – Blair**

7.45-8.45am – Pilates – Susan

[www.roehamptonclublive.co.uk/live/pilates-with-susanne](http://www.roehamptonclublive.co.uk/live/pilates-with-susanne)

**7.45 – 8.15am – GRIT Cardio – Blair**

**8.45-9.15am – Conditioning Bootcamp – Blair**

9-9.45am – HIIT and Core – Zuzana

[www.roehamptonclublive.co.uk/live/hiit-core-with-tanysha/](http://www.roehamptonclublive.co.uk/live/hiit-core-with-tanysha/)

**10-11am – Dynamic Pilates – Zuzana**

10-10.45am – LBT – Susanne

[www.roehamptonclublive.co.uk/live/lbt-with-susanne/](http://www.roehamptonclublive.co.uk/live/lbt-with-susanne/)

10.30-11.30am – Ballet Fit – Ayesha

[www.roehamptonclublive.co.uk/live/ballet-fit-with-ayesha](http://www.roehamptonclublive.co.uk/live/ballet-fit-with-ayesha)

11-11.45am – Zumba – Susanne

[www.roehamptonclublive.co.uk/live/zumba-with-susanne/](http://www.roehamptonclublive.co.uk/live/zumba-with-susanne/)

12-1pm – Vinyasa Flow Yoga – Juliet

[www.roehamptonclublive.co.uk/live/vinyasa-flow-yoga-juliet/](http://www.roehamptonclublive.co.uk/live/vinyasa-flow-yoga-juliet/)

## Tuesday

**7-7.30am – HIIT Bootcamp – Gym Staff**

8.15-9am – LBT – Ayesha – [www.roehamptonclublive.co.uk/live/lbt-with-ben/](http://www.roehamptonclublive.co.uk/live/lbt-with-ben/)

9.15-10am – HIIT and Core – Ayesha

[www.roehamptonclublive.co.uk/live/hitt-core-with-roy](http://www.roehamptonclublive.co.uk/live/hitt-core-with-roy)

**9.15-10am – Conditioning Bootcamp – Gym Staff**

10.10 – 10.40am – Mobility Stretch – Tanysha –

[www.roehamptonclublive.co.uk/live/stretch-with-roy](http://www.roehamptonclublive.co.uk/live/stretch-with-roy)

**10.15 – 10.45am – GRIT cardio – Blair**

**11- 11.45am – Circuits Bootcamp – Blair**

11-12pm – Pilates – Jocelyn – [www.roehamptonclublive.co.uk/live/pilates-with-jocelyn](http://www.roehamptonclublive.co.uk/live/pilates-with-jocelyn)

**11.10-11.40am - Hydro Spin – Susanne (Outdoor Pool) – Starts w/c 19<sup>th</sup> April**

6.15-6.45pm – TRX – Zuzana – [www.roehamptonclublive.co.uk/live/trx-with-zuzana](http://www.roehamptonclublive.co.uk/live/trx-with-zuzana)

7-8pm – Power Pump – Zuzana

[www.roehamptonclublive.co.uk/live/power-pump-with-zuzana](http://www.roehamptonclublive.co.uk/live/power-pump-with-zuzana)

## Wednesday

**7 – 7.30am – GRIT Cardio – Blair**

7.30-8.30am – Stretch Pilates – Susanne

[www.roehamptonclublive.co.uk/live/stretch-pilates-with-susanne](http://www.roehamptonclublive.co.uk/live/stretch-pilates-with-susanne)

**7.45 – 8.15am – GRIT Cardio – Blair**

8.45-9.30am – HIIT and Core – Roy

[www.roehamptonclublive.co.uk/live/hiit-core-with-roy/](http://www.roehamptonclublive.co.uk/live/hiit-core-with-roy/)

9-10am – Vinyasa Flow Yoga – Juliet

[www.roehamptonclublive.co.uk/live/vinyasa-flow-yoga-with-juliet-](http://www.roehamptonclublive.co.uk/live/vinyasa-flow-yoga-with-juliet-)

**10.15-11.15am – Body Conditioning – Ayesha**

11.30-12.30pm – Power Pump – Ayesha

[www.roehamptonclublive.co.uk/live/power-pump-with-ayesha/](http://www.roehamptonclublive.co.uk/live/power-pump-with-ayesha/)

**1.10-1.40am - Hydro Spin – Gym Staff (Outdoor Pool) – Starts w/c 19<sup>th</sup> April**

## Thursday

8.30-9.15am – HIIT and Core – Roy

[www.roehamptonclublive.co.uk/live/hiit-and-core-with-roy](http://www.roehamptonclublive.co.uk/live/hiit-and-core-with-roy)

**9.30-10.15am – LBT – Ayesha**

9.30— 10.15am – Spin – Roy – [www.roehamptonclublive.co.uk/live/spin-with-roy/](http://www.roehamptonclublive.co.uk/live/spin-with-roy/)

**10.30 – 11.15am – Conditioning Bootcamp – Ayesha**

11.10-12.10pm – Aerotone – Susanne

[www.roehamptonclublive.co.uk/live/aerotone-with-susanne/](http://www.roehamptonclublive.co.uk/live/aerotone-with-susanne/)

**12.30-1pm – HIIT Bootcamp – Gym Staff**

12.30 – 1.15pm – Abs Conditioning – Susanne

[www.roehamptonclublive.co.uk/live/abs-conditioning-with-susanne/](http://www.roehamptonclublive.co.uk/live/abs-conditioning-with-susanne/)

7-8pm – Pilates – Susanne – [www.roehamptonclublive.co.uk/live/pilates-with-susanne-2](http://www.roehamptonclublive.co.uk/live/pilates-with-susanne-2)

## Friday

**7-7.30am – HIIT Bootcamp – Gym Staff**

7-7.45am – HIIT and Core – Roy – [www.roehamptonclublive.co.uk/live/hitt-core-with-roy-2](http://www.roehamptonclublive.co.uk/live/hitt-core-with-roy-2)

**9-9.45am – Circuits Bootcamp – Gym Staff**

10-10.45am – LBT – Roy – [www.roehamptonclublive.co.uk/live/lbt-with-roy](http://www.roehamptonclublive.co.uk/live/lbt-with-roy)

**10-10.45am – Conditioning Bootcamp – Gym Staff**

10-11am – Pilates – Zuzana – [www.roehamptonclublive.co.uk/live/pilates-with-zuzana/](http://www.roehamptonclublive.co.uk/live/pilates-with-zuzana/)

**11.15-12.15pm – Dynamic Pilates – Zuzana**

## Saturday

**8.45-9.15 – GRIT Cardio – Blair**

8.45-.9.45am – Power Pump – Zuzana

[www.roehamptonclublive.co.uk/live/power-pump-with-zuzana-2/](http://www.roehamptonclublive.co.uk/live/power-pump-with-zuzana-2/)

9-10am – Pilates – Susanne – [www.roehamptonclublive.co.uk/live/pilates-with-susanne-3](http://www.roehamptonclublive.co.uk/live/pilates-with-susanne-3)

**9.30- 10am – GRIT Cardio – Blair**

**10.15-11am – LBT – Ayesha**

10 – 10.45am – HIIT and Core – Zuzana

[www.roehamptonclublive.co.uk/live/hiit-core-with-zuzana-2/](http://www.roehamptonclublive.co.uk/live/hiit-core-with-zuzana-2/)

11-11.30am – Stretch Mobility – Zuzana

[www.roehamptonclublive.co.uk/live/stretch-mobility-with-zuzana/](http://www.roehamptonclublive.co.uk/live/stretch-mobility-with-zuzana/)

**11.15-12pm – Conditioning Bootcamp – Ayesha**

**12.15-1.15pm – Dynamic Pilates – Zuzana**

## Sunday

**9-9.45am – Circuit Bootcamp – Gym Staff**

9.30-10.15am – HIIT and Core – Tanysha

[www.roehamptonclublive.co.uk/live/hiit-with-roy](http://www.roehamptonclublive.co.uk/live/hiit-with-roy)

**10-10.45am – LBT – Gym Staff**

10-11am – Pilates – Jocelyn – [www.roehamptonclublive.co.uk/live/pilates-with-jocelyn-2](http://www.roehamptonclublive.co.uk/live/pilates-with-jocelyn-2)

10.30-11.15am – LBT- Tanysha – [www.roehamptonclublive.co.uk/live/lbt-with-roy-2/](http://www.roehamptonclublive.co.uk/live/lbt-with-roy-2/)

### **11-11.30am – HIIT Bootcamp – Gym Staff**

11.20-12.20pm – Gentle Hatha Yoga – Jocelyn –

[www.roehamptonclublive.co.uk/live/gentle-hatha-yoga-with-jocelyn](http://www.roehamptonclublive.co.uk/live/gentle-hatha-yoga-with-jocelyn)

[Click here for the fitness class descriptions](#)

[Find instructions \*here\* on how to sign up for Roehampton Club Live virtual classes – updated with new feature \(February 2021\)](#)

### **Les Mills on Demand**

Why not sign up to [Les Mills On Demand](#), free for 30-day trial and experience all Les Mills classes from the comfort of your own home.

If you have already taken advantage of this offer, use another email address to qualify again.

[Click here to go to Les Mills On Demand](#)

If you have any questions speak to a Member of the Health Club team or please contact me directly.

Luke Fenton, Health Club Manager

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