

Fitness Class Timetable

Summer 2021

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

Classes can be booked three days in advance.

All cancellations must be made 12 hours before the class.



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	ONLINE CLASS
-----------------------	---------	-------------	-------------	--------------

MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am GRIT with Blair, S1	6.30-7.15am Spin with Tanysha	6.45-7.45am BodyPump with Donal, S1
7-7.45am BodyPump with Blair, S1	7-7.30am GRIT Cardio with Donovan	7-7.30am GRIT Cardio with Blair
7-7.45am Spin with Tanysha, Out	8.30-9.15am HIIT and Core with Clare, S1	7.30-8.30am Stretch Pilates with Susanne
7-7.45am HIIT and CORE with Zuzana	9.15-10am Conditioning Bootcamp with Donovan	8-8.30am GRIT Strength with Blair, S1
7.45-8.45am Pilates with Susanne	9.30-10.15am Spin with Clare	8.45-9.30am Abs with Susanne, S1
8-8.30am GRIT Cardio with Blair, Out	9.45 – 10.45am BodyPump - Gabrielle, S1	9-10am Vinyasa Flow Yoga with Juliet
9-9.45am Outdoor Spin with Tanysha	10-10.30am Mobility Stretch with Tanysha	9 -10am Pilates with Zuzana, S2
10-10.45am LBT with Susanne, S1	10.15-10.45am GRIT Cardio with Blair, Out	9.30-10.15am Spin with Charlotte
10-11am Dynamic Pilates with Zuzana, Out	10.30-11am HIIT Spin with Tanysha	10.30-11am Conditioning with Charlotte, S2
10.30-11.30am Ballet Fit with Ayesha	10.45-11.45am Pilates with Pamela, S2	10-11am Aerotone with Susanne, S1
11-11.45am Zumba with Susanne, S1	11am-12pm Pilates with Jocelyn	10.15-11.15am Body Conditioning with Ayesha
12-12.30 Express Spin with Tanysha	11-11.45am Circuits Bootcamp with Blair Outdoor	11.30-12.30pm Pilates with Susanne, S1
12-1pm Vinyasa Flow Yoga with Juliet	11.10-11.40am Hydro Spin with Susanne	11.30-12.30pm Power Pump with Ayesha
12.30-1.30pm BodyPump with Zuzana, S1	12.30-1pm HIIT with Gym staff, S2	1-2pm BodyPump with Pamela, S1
1.45-2.45pm Pilates with Lauren H, S1	7-8pm - Pilates with Lauren H, S1	1.10-1.40pm Hydro Spin with Gym Staff
6.30-8pm Sivananda Yoga with Alison, S2	7.15-8pm Spin with Roy	1.15-1.45pm Stretch with Gym staff, S2
		6.45-7.30pm Spin Gym Staff

THURSDAY	FRIDAY	SATURDAY
6.30-7.15am Spin with Donal	6.15-6.45am GRIT with Donal, S1	7.45-8.45am Pilates with Jo-Ann, S1
7-7.45am BodyPump with Blair, S1	7.45-8.30am HIIT and Core with Tanysha	8.30-9am GRIT Cardio with Blair
8.30-9.15am BodyPump with Ayesha, S1	7-7.30 HIIT Bootcamp with Gym Staff	9-10am Pilates with Susanne
9.20-10.05am Spin with Ayesha	7-7.45am BodyPump with Donal, S1	9-9.45am Spin with Lauren
9.30-10.15am Circuits Bootcamp - Gym Staff	8.30-9.15am HIIT and Core with Clare, S1	9-9.45am BodyPump with Ayesha, S1
10.10-10.55am Fitball with Ayesha, S1	9-9.45am Circuits Bootcamp with Roy	9.15-9.45am GRIT Strength with Blair, S2
10.15-11.15am Pilates with Pamela, S2	9.05-9.45am Aqua with Susanne	10-10.45 LBT with Ayesha
10.30-11.15am Advanced Bootcamp with Faith	9.30-10.15am Spin with Clare	10.15-11am Step with Lauren, S1
11.05-11.45am Aqua with Ayesha	10-10.45am Strength Circuit with Gym staff	11-11.45am Spin with Ayesha
11.45am -12.45pm BodyPump with Pamela, S2	10-11am Back to Basics Pilates with Susanne, S1	11.30am – 12.30 om BodyBalance with Tom, S1
12-12.45pm LBT with Ayesha, S1	11am-12pm BodyBalance with Tom, S2	12.15-1.15pm Dynamic Pilates with Zuzana
12.30-1pm HIIT Bootcamp with Gym staff	11.15am-12.15pm Dynamic Pilates - Zuzana	
1-2pm Yoga with Pamela, S1	11.15am-12pm LBT with Susanne, S1	
7-8pm Pilates with Susanne	12.15-1.15pm BodyPump with Pamela, S2	
7.15-8pm Outdoor Spin with Tanysha	12.30-1.30pm Pilates with Zuzana, S1	

SUNDAY	
9-9.45am LBT with Ayesha, S1	10.15-11am BodyPump with Ayesha, S1
9-9.45am Circuit Bootcamp with Gym Staff	10.30-11.15am BARRE with Lauren, S2
9-9.45am Spin with Julia / Charlotte	11-11.30am HIIT Bootcamp with Gym Staff
10-11am Pilates with Jocelyn	11.20-12.20pm Gentle Hatha Yoga with Jocelyn
10-10.45am Circuit Bootcamp with Gym Staff	11-30am-12.30pm Pilates with Lauren S1
10-10.45am Spin with Julia / Charlotte	

For any timetable queries or further information, please contact Luke Fenton, Health Club Manager – luke.fenton@roehamptonclub.co.uk