

# Fitness Class Timetable

## Summer 2021

Please book in advance – online via the Members’ website at [www.roehamptonclub.co.uk](http://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 <b>GRIT</b> with Blair, S1          | 6.30-7.15am <b>Spin</b> with Tanysha                | 6.45-7.45am <b>BodyPump</b> with Donal, S1        |
| 7- 7.45am <b>BodyPump</b> with Blair, S1        | 7-7.30am <b>GRIT Cardio</b> with Donovan            | 7-7.30am <b>GRIT Cardio</b> with Blair            |
| 7-7.45am <b>Spin</b> with Tanysha, Out          | 8.30-9.15am <b>HIIT and Core</b> with Clare, S1     | 7.30-8.30am <b>Stretch Pilates</b> with Susanne   |
| 7-7.45am <b>HIIT and CORE</b> with Zuzana       | 9.15-10am <b>Conditioning Bootcamp</b> with Donovan | 8-8.30am <b>GRIT Strength</b> with Blair, S1      |
| 7.45-8.45am <b>Pilates</b> with Susanne         | 9.30-10.15am <b>Spin</b> with Clare                 | 8.45-9.30am <b>Abs</b> with Susanne, S1           |
| 8-8.30am <b>GRIT Cardio</b> with Blair, Out     | 9.45 – 10.45am <b>BodyPump</b> - Gabrielle, S1      | 9-10am <b>Vinyasa Flow Yoga</b> with Juliet       |
| 9-9.45am <b>Outdoor Spin</b> with Tanysha       | 10-10.30am <b>Mobility Stretch</b> with Tanysha     | 9 -10am <b>Pilates</b> with Zuzana, S2            |
| 10-10.45am <b>LBT</b> with Susanne, S1          | 10.15-10.45am <b>GRIT Cardio</b> with Blair, Out    | 9.30-10.15am <b>Spin</b> with Charlotte           |
| 10-11am <b>Dynamic Pilates</b> with Zuzana, Out | 10.30-11am <b>HIIT Spin</b> with Tanysha            | 10.30-11am <b>Conditioning</b> with Charlotte, S2 |
| 10.30-11.30am <b>Ballet Fit</b> with Ayesha     | 10.45-11.45am <b>Pilates</b> with Pamela, S2        | 10-11am <b>Aerotone</b> with Susanne, S1          |
| 11-11.45am <b>Zumba</b> with Susanne, S1        | 11am-12pm <b>Pilates</b> with Jocelyn               | 10.15-11.15am <b>Body Conditioning</b> , Ayesha   |
| 12-12.30 <b>Express Spin</b> with Tanysha       | 11-11.45am <b>Circuits Bootcamp</b> with Blair      | 11.30-12.30pm <b>Pilates</b> with Susanne, S1     |
| 12-1pm <b>Vinyasa Flow Yoga</b> with Juliet     | 11.10-11.40am <b>Hydro Spin</b> with Susanne        | 11.30-12.30pm <b>Power Pump</b> with Ayesha       |
| 12.30-1.30pm <b>BodyPump</b> with Zuzana, S1    | 12.30-1pm <b>HIIT</b> with Gym staff, S2            | 1-2pm <b>BodyPump</b> with Pamela, S1             |
| 1.45-2.45pm <b>Pilates</b> with Lauren H, S1    | 6:30pm – 7pm <b>HIIT Spin</b> with Geri             | 1.15-1.45pm <b>Stretch</b> with Gym staff, S2     |
| 6.30–7.15pm <b>Spin</b> with Alex               | 7-8pm - <b>Pilates</b> with Lauren H, S1            | 6.30pm – 7:30pm <b>Body Pump</b> Gabrielle, S1    |
| 6.30-8pm <b>Sivananda Yoga</b> with Alison, S2  | 7.15-8pm <b>Spin</b> with Roy                       | 6.45-7.30pm <b>Spin</b> Gym Staff                 |
| 7.30-8.15pm <b>Circuit</b> with Alex, S1        | 7:15pm – 8:15pm <b>Body Pump</b> with Geri, S2      | 7:45pm – 8:30pm <b>Spin</b> with Gabrielle        |

| THURSDAY  | FRIDAY   | SATURDAY  |
|---|--|---|
| 6.30-7.15am <b>Spin</b> with Donal                | 6.15-6.45am <b>GRIT</b> with Donal, S1                 | 7.45-8.45am <b>Pilates</b> with Jo-Ann, S1        |
| 7-7.45am <b>BodyPump</b> with Blair, S1           | 7.45-8.30am <b>HIIT and Core</b> with Tanysha          | 8.30-9am <b>GRIT Cardio</b> with Blair            |
| 8.30-9.15am <b>BodyPump</b> with Ayesha, S1       | 7-7.30 <b>HIIT Bootcamp</b> with Gym Staff             | 9-10am <b>Pilates</b> with Susanne                |
| 9.20-10.05am <b>Spin</b> with Ayesha              | 7-7.45am <b>BodyPump</b> with Donal, S1                | 9- 9.45am <b>Spin</b> with Lauren                 |
| 9.30-10.15am <b>Circuits Bootcamp</b> , Gym Staff | 8.30-9.15am <b>HIIT and Core</b> with Clare, S1        | 9-9.45am <b>BodyPump</b> with Ayesha, S1          |
| 10.10-10.55am <b>Fitball</b> with Ayesha, S1      | 9-9.45am <b>Circuits Bootcamp</b> with Roy             | 9.15-9.45am <b>GRIT Strength</b> with Blair, S2   |
| 10.15-11.15am <b>Pilates</b> with Pamela, S2      | 9.05-9.45am <b>Aqua</b> with Susanne                   | 10-10.45 <b>LBT</b> with Ayesha                   |
| 10.30-11.15am <b>Advanced Bootcamp</b> , Faith    | 9.30-10.15am <b>Spin</b> with Clare                    | 10.15-11am <b>Step</b> with Lauren, S1            |
| 11.05-11.45am <b>Aqua</b> with Ayesha             | 10-10.45am <b>Strength Circuit</b> with Gym staff      | 11-11.45am <b>Spin</b> with Ayesha                |
| 11.45am -12.45pm <b>BodyPump</b> with Pamela, S2  | 10-11am <b>Back to Basics Pilates</b> with Susanne, S1 | 11.30am – 12.30pm <b>BodyBalance</b> with Tom, S1 |
| 12-12.45pm <b>LBT</b> with Ayesha, S1             | 11am-12pm <b>BodyBalance</b> with Tom, S2              | 12.15-1.15pm <b>Dynamic Pilates</b> with Zuzana   |
| 12.30-1pm <b>HIIT Bootcamp</b> with Gym staff     | 11.10-11.40am <b>Hydro Spin</b> with Tanysha           |   |
| 1-2pm <b>Yoga</b> with Pamela, S1                 | 11.15am-12.15pm <b>Dynamic Pilates</b> - Zuzana        |   |
| 7.15-8pm <b>Outdoor Spin</b> with Tanysha         | 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 Zuzana, S1            |   |

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

For any timetable queries or further information, please contact Luke Fenton, Health Club Manager – [luke.fenton@roehamptonclub.co.uk](mailto:luke.fenton@roehamptonclub.co.uk)

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