

Fitness Class Timetable

4th October

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
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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
6.30-7am Express Spin with Gym Staff	7-7.30am GRIT Cardio with Donovan, S1	7-7.30am GRIT Cardio with Blair, S2
7- 7.45am BodyPump with Blair, S1	8.30-9.15am HIIT and Core with Clare, S1	7.45-8.45am Stretch Pilates with Susanne, S2
7.45-8.45am Pilates with Susanne, S2	9-9.45am Aqua with Korol	8-8.30am GRIT Strength with Blair, S1
8-8.30am GRIT Cardio with Blair, Out	9.15-10am Conditioning Bootcamp with Donovan	9-9.45am Abs with Susanne, S1
8.45-9.45 Hatha Yoga with Pamela, S1	9.30-10.15am Spin with Clare	9-10am Vinyasa Flow Yoga with Juliet, S2
9-9.45am Outdoor Spin with Tanysha	9.45 – 10.45am BodyPump - Gabrielle, S1	9-9.45am Spin with Charlotte
10-10.45am LBT with Susanne, S1	10-10.30am Mobility Stretch with Tanysha	10-10:30am Express Spin with Charlotte, S2
10.15-11.15am Dynamic Pilates with Zuzana, Out	10.15-10.45am GRIT Cardio with Blair, Out	10.45-11.15am Conditioning with Charlotte, S2
10.30-11.30am Fit Ball with Ayesha, S2	10.30-11am HIIT Spin with Tanysha	10-11am Aerotone with Susanne, S1
11-11.40am Aqua HIIT with Tanysha	10.45-11.45am Pilates with Pamela, S2	10.15-11.15am Body Conditioning , Ayesha
11-11.45am Zumba with Susanne, S1	11-11.45am Circuits Bootcamp with Blair	11.30-12.30pm Pilates with Susanne, S1
11.45-2.45pm Mature Movers with Lauren, S2	11.10-11.40am Hydro Spin with Susanne	11.30am–12.30pm BodyBalance with Tom, S2
12-12.30 Express Spin with Tanysha	12.30-1pm HIIT with Gym staff, S2	11.20-12pm Aqua with Ayesha
12-1pm Vinyasa Flow Yoga with Juliet	6:30pm – 7pm HIIT Spin with Geri	1-2pm BodyPump with Pamela, S1
12.30-1.30pm BodyPump with Zuzana, S1	7-8pm - Pilates with Lauren H, S1	1.15-1.45pm Stretch with Gym staff, S2
1.45-2.45pm Pilates with Lauren H, S1	7.15-8pm Spin with Roy	6.15pm – 6:45pm Express Spin Gabrielle
6.30–7.15pm Spin with Alex	7:15pm – 8:15pm Body Pump with Geri, S2	7– 8pm Body Pump with Gabrielle, S1
6.30-8pm Sivananda Yoga with Alison, S2		
7.30-8.15pm CIRCHIIT with Alex, S1		

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	7-7.45am BodyPump with Donal, S1	9-9.45am Aqua with Korol
9.20-10.05am Spin with Ayesha	8.30-9.15am HIIT and Core with Clare, S1	9-10am Pilates with Susanne
9.30-10.15am Circuits Bootcamp , Gym Staff	9-9.45am Circuits Bootcamp with Roy	9- 9.45am Spin with Lauren
10.10-10.55am Fitball with Ayesha, S1	9-9.45am Aqua with Susanne	9-9.45am BodyPump with Ayesha, S1
10.15-11.15am Pilates with Pamela, S2	9.30-10.15am Spin with Clare	9.15-9.45am GRIT Strength with Blair, S2
10.30-11.15am Advanced Bootcamp , Faith	10-10.45am Strength Circuit with Gym staff	10-10.45 LBT with Ayesha
11-11.45am Aqua with Ayesha	10-11am Back to Basics Pilates with Susanne, S1	10.15-11am Step with Lauren, S1
11.45am -12.45pm BodyPump with Pamela, S2	11am-12pm BodyBalance with Tom, S2	11-11.45am Spin with Ayesha
12-12.45pm LBT with Ayesha, S1	11.10-11.40am Hydro Spin with Tanysha	11-12pm Dynamic Pilates with Zuzana, S2
12.30-1pm HIIT Bootcamp with Gym staff	11.15am-12pm LBT with Susanne, S1	11.30am – 12.30pm BodyBalance with Tom, S1
1-2pm Yoga with Pamela, S1	12.15-1.15pm BodyPump with Pamela, S2	
6.30-7.30 Body Pump with John, S1	12.30-1.30pm Pilates with Zuzana, S1	
7.15-8pm Spin with Tanysha		
7.45-8.30pm Body Balance with John, S1		

SUNDAY	
8.10-8.50am Hydro Spin with Ayesha	10.15-11am BodyPump with Ayesha, S1
9-9.45am LBT with Ayesha, S1	10.15-11.15am TBW with Lauren, S2
9-9.45am Circuit Bootcamp with Gym Staff	11-11.30am HIIT Bootcamp with Gym Staff
9-9.45am Spin with Julia / Charlotte	11-30am-12.30pm Pilates with Lauren S1
10-10.45am Circuit Bootcamp with Gym Staff	
10-10.45am Spin with Julia / Charlotte	

For any queries, contact Luke Fenton, Health Club Manager - luke.fenton@roehamptonclub.co.uk