

# Fitness Class Timetable

## 18<sup>th</sup> October

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
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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
6.30-7am <b>Express Spin</b> with Gym Staff	7-7.30am <b>GRIT Cardio</b> with Donovan, S1	7-7.30am <b>GRIT Cardio</b> with Blair, S2
7- 7.45am <b>BodyPump</b> with Blair, S1	8.30-9.15am <b>HIIT and Core</b> with Clare, S1	7.45-8.45am <b>Stretch Pilates</b> with Susanne, S2
7.45-8.45am <b>Pilates</b> with Susanne, S2	9-9.45am <b>Aqua</b> with Korol	8-8.30am <b>GRIT Strength</b> with Blair, S1
8-8.30am <b>GRIT Cardio</b> with Blair, Out	9.15-10am <b>Conditioning Bootcamp</b> with Donovan	9-9.45am <b>Abs</b> with Susanne, S1
8.45-9.45am <b>Hatha Yoga</b> with Pamela, S1	9.30-10.15am <b>Spin</b> with Clare	9-10am <b>Vinyasa Flow Yoga</b> with Juliet, S2
9-9.45am <b>Outdoor Spin</b> with Tanysha	9.45 – 10.45am <b>BodyPump</b> - Gabrielle, S1	9-9.45am <b>Spin</b> with Charlotte
10-10.45am <b>LBT</b> with Susanne, S1	10-10.30am <b>TRX</b> with Tanysha, S2	10-10:30am <b>Express Spin</b> with Charlotte, S2
10.15-11.15am <b>Dynamic Pilates</b> with Zuzana, Out	10.15-10.45am <b>GRIT Cardio</b> with Blair, Out	10.45-11.15am <b>Conditioning</b> with Charlotte, S2
10.30-11.15am <b>Fit Ball</b> with Ayesha, S2	10.30-11am <b>HIIT Spin</b> with Tanysha	10-11am <b>Aerotone</b> with Susanne, S1
11-11.40am <b>Aqua HIIT</b> with Tanysha	10.45-11.45am <b>Pilates</b> with Pamela, S2	10.15-11.15am <b>Body Conditioning</b> , Ayesha
11-11.45am <b>Zumba</b> with Susanne, S1	11-11.45am <b>Circuits Bootcamp</b> with Blair, Out	11.30-12.30pm <b>Pilates</b> with Susanne, S1
11.45-12.45pm <b>Mature Movers</b> with Lauren, S2	11-11.40am <b>Hydro Spin</b> with Susanne	11.30am–12.30pm <b>BodyBalance</b> with Tom, S2
12-12.30 <b>Express Spin</b> with Tanysha	12.30-1pm <b>HIIT</b> with Gym staff, S2	11.20-12pm <b>Aqua</b> with Ayesha
12-1pm <b>Vinyasa Flow Yoga</b> with Juliet	6:30pm – 7pm <b>HIIT Spin</b> with Becky	1-2pm <b>BodyPump</b> with Pamela, S1
12.30-1.30pm <b>BodyPump</b> with Zuzana, S1	7-8pm - <b>Pilates</b> with Lauren H, S1	1.15-1.45pm <b>Stretch</b> with Gym staff, S2
1.45-2.45pm <b>Pilates</b> with Lauren H, S1	7.15-8pm <b>Spin</b> with Roy	6.15pm – 6:45pm <b>Express Spin</b> Gabrielle
6.30–7.15pm <b>Spin</b> with Alex	7:15pm – 8:15pm <b>Body Pump</b> with Becky, S2	7– 8pm <b>Body Pump</b> with Gabrielle, S1
6.30-8pm <b>Sivananda Yoga</b> with Alison, S2		
7.30-8.15pm <b>BOX CIRCUIT</b> with Alex, S1		

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

SUNDAY	
8.10-8.50am <b>Hydro Spin</b> with Ayesha	10.15-11am <b>BodyPump</b> with Ayesha, S1
9-9.45am <b>LBT</b> with Ayesha, S1	10.15-11.15am <b>TBW</b> with Lauren, S2
9-9.45am <b>Circuit Bootcamp</b> with Gym Staff	11-11.30am <b>HIIT Bootcamp</b> with Gym Staff
9.30-10.15am <b>Spin</b> with Bella / Charlotte	11-30am-12.30pm <b>Pilates</b> with Lauren S1
10-10.45am <b>Circuit Bootcamp</b> with Gym Staff	
10.30-11.15am <b>Spin</b> with Bella / Charlotte	

For any queries, contact Luke Fenton, Health Club Manager - [luke.fenton@roehamptonclub.co.uk](mailto:luke.fenton@roehamptonclub.co.uk)