

Fitness Class Timetable

21st February 2022

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, S1	7-7.30am GRIT Cardio with Blair, S2
7.45-8.45am Pilates with Susanne, S2	8-8.45am Pilates with Sarah, S2 ** STARTS 1st MARCH **	7.45-8.45am Stretch Pilates with Susanne, S2
8-8.30am GRIT Cardio with Blair, S1	8.30-9.15am HIIT and Core with Clare, S1	8-8.30am GRIT Strength with Blair, S1
8.45-9.45am Yoga with Pamela, S1	9-9.45am Aqua with Sarah	9-9.45am Abs with Susanne, S1
9-9.45am Spin with Tanysha	9-9.45am Conditioning Bootcamp with Gym Staff	9-10am Vinyasa Flow Yoga with Juliet, S2
10-10.45am LBT with Susanne, S1	9.30-10.15am Spin with Clare	9-9.45am Spin with Charlotte
10.30-11.15am Fit Ball with Ayesha, S2	9.45 – 10.45am BodyPump - Gabrielle, S1	10-10:30am Express Spin with Charlotte
11-11.40am Aqua HIIT with Sarah	10-10.30am TRX with Tanysha, S2	10.45-11.15am Conditioning with Charlotte, S2
12.30-1.15pm Zumba with Susanne, S2	10.30-11am HIIT Spin with Tanysha	10-11am Aerotone with Susanne, S1
11.15-12.15pm Mature Movers with Lauren, S1	10.45-11.45am Pilates with Pamela, S2	10.15-11.15am Body Conditioning , Ayesha
12-12.30 Express Spin with Roy	11-11.40am Hydro Spin with Susanne	11.30-12.30pm Pilates with Susanne, S1
12.35-1.35pm BodyPump with Zuzana, S1	12.30-1pm Stretch with Gym staff, S2	11.30am–12.30pm BodyBalance with Tom, S2
1.50-2.50pm Pilates with Lauren H, S1	6:30pm-7pm Spin and Lift with Blair	11.20-12pm Aqua with Ayesha
6.30-7.15pm Spin with Alex	7-8pm Pilates with Lauren H, S1	1-2pm BodyPump with Pamela, S1
6.30-8pm Sivananda Yoga with Alison, S1	7.15-8pm Spin with Roy	1.15-1.45pm Stretch with Gym staff, S2
7.30-8.15pm BOX CIRCUIT with Alex, S2	7:15pm-8:15pm Body Pump with Blair, S2	6.15pm-6:45pm Express Spin Gabrielle
	1–2pm Vinyasa Flow Yoga with Andressa, S1	7-8pm Body Pump with Gabrielle, 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	8.00-8.30am Stretch with Gym Staff S2	8.30-9am GRIT Cardio with Blair, S2
8.30-9.15am BodyPump with Ayesha, S1	7-7.45am BodyPump with Donal, S1	8.45-9.30am Aqua with Susan
9.20-10.05am Spin with Ayesha	8.30-9.15am HIIT and Core with Clare, S1	9-10am Pilates with Susanne
10.10-10.55am Fitball with Ayesha, S1	9-9.45am Circuits Bootcamp with Gym Staff	9- 9.45am Spin with Lauren
10.30-11.30am Pilates with Pamela, S2	9-9.45am Aqua with Susanne	9-9.45am BodyPump with Ayesha, S1
10.30-11.15am Advanced Bootcamp , with Gym Staff	9.30-10.15am Spin with Clare	9.15-9.45am GRIT Strength with Blair, S2
11-11.45am Aqua with Ayesha	10-11am Back to Basics Pilates with Susanne, S1	10-10.45 LBT with Ayesha
11.45am -12.45pm BodyPump with Pamela, S2	11am-12pm BodyBalance with Tom, S2	10.15-11am Step with Lauren, S1
12-12.45pm LBT with Ayesha, S1	11.10-11.50am Hydro Spin with Tanysha	11-11.45am Spin with Ayesha
12.30-1pm HIIT with Gym staff	11.15am-12pm LBT with Susanne, S1	11-12pm Pilates with Zuzana, S2
1-2pm Vinyasa Flow Yoga with Pamela, S1	12.15-1.15pm BodyPump with Pamela, S2	11.30am-12.30pm BodyBalance with Tom, S1
6.30-7.30 Body Pump with John, S1	12.30-1.30pm Pilates with Zuzana, S1	3-4.30pm Sivananda Yoga - Alison, S1
6.30-7.15pm Spin with Tanysha		JUNIOR GYM CLASSES Circuits Tuesday and Thursday 5pm Sports Stretch Saturday 12.30pm Teen Spin Sunday 12.45pm
7.45-8.30pm Body Balance with John, S1		

SUNDAY
8.10-8.50am Hydro Spin with Ayesha
9-9.45am LBT with Ayesha, S1
9.30-10am Circuit Bootcamp with Gym Staff
9.30-10.15am Spin with Bella / Charlotte
10.15-11am BodyPump with Ayesha, S1

For any queries, contact, please contact Ricky Alexis, Gym and Studios Manager – ricky.alexis@roehamptonclub.co.uk

Scan here to download this timetable to your phone and help us save on paper waste!