

# Fitness Class Timetable 16<sup>th</sup> March 2022

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

All sessions marked \*  
are *Low Impact*

## JUNIOR GYM CLASSES

Circuits Tuesday and Thursday 5pm  
Sports Stretch Saturday 12.30pm  
Teen Spin Sunday 12.45pm

For any queries, please  
contact Ricky Alexis,  
Gym and Studios Manager –

[ricky.alexis@roehamptonclub.co.uk](mailto:ricky.alexis@roehamptonclub.co.uk)

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