

Fitness Class Timetable 7th July 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
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MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am GRIT with Blair, S1	*6.30-7.15am Spin with Ayesha	6.30-7.30am BodyPump with Donal, S1
6.55-7.40am BodyPump with Blair, S1	7-7.30am GRIT with Donovan, S2	7-7.30am GRIT Cardio with Blair, S2
7.45-8.45am Pilates with Susanne	8.30-9.15am HIIT and Core with Clare, S1	*7.45-8.45am Stretch Pilates Susanne
7.45-8.15am GRIT Cardio with Blair, S1	*9.45-10.30am Aqua with Sarah	8-8.30am GRIT Strength with Blair, S2
*8.45-9.45am Yoga with Pamela, S1	9-9.45am Bootcamp with Gym Staff	9-9.45am Abs with Susanne, S1
*9-9.45am Spin with Clare	*9.30-10.15am Spin with Clare	*9-10am Vinyasa Flow Yoga Juliet, S2
9.55-10.40am LBT with Susanne, S1	9.30 – 10.30am BodyPump - Gabrielle, S1	*9-9.45am Spin with Charlotte
10.30-11.15am Fit Ball with Ayesha, S2	10-10.30am TRX with Lucy, S2	*10-10:30am Express Spin with Charlotte
10.45-11.30am Zumba with Susanne, S1	*10.30-11am HIIT Spin with Clare	10.45-11.15am Conditioning with Charlotte, S2
11-11.40am Aqua HIIT with Sarah	*10.45-11.30am Zumba with Sarah, S2	10-11am Aerotone with Susanne, S1
*11.35-12.35pm Forever Fit with Lauren, S1	*10.45-11.45am Pilates with Pamela, S1	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
12.40-1.40pm BodyPump with Zuzana, S1	*12.30-1pm Stretch with Gym staff, S2	*11.30am–12.30pm BodyBalance with Ayoola, 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 Gym staff, S2
7.30-8.15pm Hiit 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	6.50-7.35am BodyPump with Donal, S1	8.30-9am GRIT Cardio with Blair
6.20-6.50am GRIT with Blair, S1	8.30-9.15am HIIT and Core with Clare, S1	*8.45-9.30am Aqua with Susan
7-7.45am BodyPump with Blair, S1	9-9.45am Bootcamp with Gym Staff	*9-10am Pilates with Susanne
*8am-8.40am Hydro Spin with Amanda	*9-9.45am Aqua with Susanne	*9- 9.45am Spin with Lauren
8.30-9.15am Pump with Ayesha, S1	*9.30-10.15am Spin with Clare	9-9.45am Pump with Ayesha, S1
*9.15-10.15am Vinyasa Flow Yoga Pamela	10-10.30am TRX with Lucy, S2	9.15-9.45am GRIT Strength Blair, S2
*9.20-10.05am Spin with Ayesha	*10-11am Back to Basics Pilates with Susanne	10-10.45 LBT with Ayesha
10.10-10.55am Fitball with Ayesha, S1	*11am-12pm BodyBalance with Marilia, S2	10.15-11am Step with Lauren, S1
*10.20-11.20am Pilates with Pamela, S2	*11.10-11.50am Hydro Spin with Ayesha	*11-11.45am Spin with Ayesha
10.30-11.15am Bootcamp , with Gym Staff	11.15am-12pm LBT with Susanne, S1	*11-12pm Pilates with Zuzana, S2
*11-11.45am Aqua with Ayesha	12.15-1.15pm BodyPump with Pamela, S2	*12.30-1pm Stretch with Blair, S2
11.30am -12.30pm BodyPump with Pamela, S2	*12.30-1.30pm Pilates with Zuzana, S1	*11.30am-12.30pm BodyBalance with Jade, S1
12-12.45pm LBT with Ayesha, S1		*3-4.30pm Sivananda Yoga – Alison, S1

SUNDAY	All sessions marked * are <i>Low Impact</i>	
*8.10-8.50am Hydro Spin with Ayesha	<p style="text-align: center;">JUNIOR GYM CLASSES</p> <p style="text-align: center;">Circuits Tuesday and Thursday 5pm</p> <p style="text-align: center;">Sports Stretch Saturday 1pm</p> <p style="text-align: center;">Teen Spin Sunday 12.45pm</p>	
9-9.45am LBT with Ayesha, S1		
9.30-10am Circuit Bootcamp with Gym Staff		
*9.30-10.15am Spin with Clare / Charlotte		
10.15-11am Pump with Ayesha, S1		
10.15-11.15am TBW with Lauren, S2		
*10.30-11.15am Spin with Clare / Charlotte		
11-11.30am HIIT Bootcamp with Gym Staff		
*11-30am-12.30pm Pilates with Lauren S1		