

# Fitness Class Timetable *from 4<sup>th</sup> March 2024*

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	VIRTUAL SPIN	SQUASH COURT
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MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am <b>GRIT</b> with Marilia, S1	*6.30-7.15am <b>Spin</b> with Ayesha	6.30-7.30am <b>Body Pump</b> with Eva, S1
*6.30-7am <b>Virtual Spin</b>	7-7.30am <b>GRIT</b> with Donovan, S1	*7-7.45am <b>Spin</b> with Clare
7-7.45am <b>Body Pump</b> with Marilia, S1	8.30-9.15am <b>HIIT and Core</b> with Clare, S1	*7.45-8.45am <b>Stretch Pilates</b> Susanne, S1
*7.45-8.45am <b>Pilates</b> with Susanne, S2	9-9.45am <b>Bootcamp</b> with Donovan, S2	8-8.45am <b>Sculpt</b> with Clare, S2
*8.15-9am <b>Spin</b> with Clare	*9.30-10.15am <b>Spin</b> with Clare	8.00-8.50am <b>Hydro Circuit</b> with Lucy
*8.50-9.50am <b>Yoga</b> with Pamela, S2	9.30-10.30am <b>Body Pump</b> - Gabrielle, S1	9-9.45am <b>Abs Conditioning</b> with Susanne, S2
*8.50-9.50am <b>Back to Basics Pilates</b> with Susanne S1	*9.45-10.30am <b>Aqua</b> with Anita	*9-10am <b>Vinyasa Flow Yoga</b> Juliet, S1
9.55-10.40am <b>LBT</b> with Susanne, S1	10-10.30am <b>TRX</b> with Lucy, S2	9-9.45 <b>Bootcamp</b> with Ryan
10.30-11.15am <b>Fit Ball</b> with Ayesha, S2	*10.30-11am <b>HIIT Spin</b> with Clare	*9.30-10.15am <b>Spin</b> with Charlotte
*10.45-11.30am <b>Step</b> with Lauren, S1	*10.45-11.45am <b>Zumba</b> with Anita, S2	*10.15-11.15am <b>Yin Yang Yoga</b> with Juliet S1
10.50-11.30am <b>Aqua HIIT</b> with Susanne	*10.45-11.45am <b>Pilates</b> with Pamela, S1	10.15-10.45am <b>Body Attack</b> with Marilia, S2
*11.35-12.35pm <b>Forever Fit</b> with Lauren, S1	*11-11.40am <b>Hydro Spin</b> with Susanne	*10.30-11.10am <b>Aqua</b> with Ayesha
*12pm-1pm <b>Power Yoga</b> with Zuzana, S2	*12.15-12.45pm <b>Stretch</b> with Gym staff, S1	*10.30-11am <b>Express Spin</b> with Charlotte
*12-12.30 <b>Express Spin</b> with Roy	*1-2pm <b>Vinyasa Flow Yoga</b> with Daisy, S1	*11am-12pm <b>Body Balance</b> with Marilia, S2
*12.45-1.45pm <b>Pilates</b> with Lauren, S1	6.45-7.45pm <b>Body Pump</b> with Lana	*11.30-12.30pm <b>Pilates</b> with Susanne, S1
*3-4pm <b>Tai Chi</b> with Graham, S1	*6.45-7.30pm <b>Spin</b> with Roy	*2-3pm <b>Tai Chi</b> with Graham, S1
*6.30-7.15pm <b>Spin</b> with Alex	*7-8pm <b>Pilates</b> with Lauren, S1	*3-4pm <b>Stage 2 Tai Chi</b> with Graham, S1
*6.30-8pm <b>Sivananda Yoga</b> with Alison, S1		12.15-1.15pm <b>Body Pump</b> with Pamela, S2
7.30-8.15pm <b>HIIT</b> with Alex, S2		*6.30-7.30pm <b>Pilates</b> with Charlotte, S1
		*7-7.45pm <b>Virtual Spin</b>

THURSDAY	FRIDAY	SATURDAY
6.15-6.45am <b>Body Attack</b> with Marilia, S1	6.15-6.45am <b>HIIT</b> with Lucy, S1	*7.45-8.45am <b>Pilates</b> with Jo-Ann, S1
*6.30-7.15am <b>Virtual Spin</b>	7-7.45am <b>Body Pump</b> with Boryana, S1	8.30-9am <b>GRIT Cardio</b> with Blair, S2
7-7.45am <b>Body Pump</b> with Marilia, S1	8-8.45am <b>Sculpt</b> with Clare, S1	*8.45-9.30am <b>Aqua</b> with Susan
*7.45-8.25am <b>Hydro Spin</b> with Amanda	9-9.45am <b>Bootcamp</b> with Roy	*9- 9.45am <b>Spin</b> with Lauren
*8-9am <b>Beginner Pilates</b> with Charlotte Squash Court 1	*9-9.45am <b>Aqua</b> with Susanne	9-9.55am <b>Pump</b> with Ayesha, S1
8.10-8.55am <b>Pump</b> with Ayesha, S1	*9-9.45am <b>Spin</b> with Clare	9.15-9.45am <b>GRIT Strength</b> Blair, S2
*9-10am <b>Intermediate Pilates</b> with Charlotte Squash Court 1	10-10.30am <b>TRX</b> with Lucy, S2	10-10.45am <b>LBT</b> with Ayesha
9-9.45am <b>Fit Ball</b> with Ayesha, S1	*10-11am <b>Back to Basics Pilates</b> with Susanne S1	10-10.45am <b>Step</b> with Lauren, S1
*10-10.55am <b>Vinyasa Flow Yoga</b> with Pamela, S2	*11am-12pm <b>Body Balance</b> with Isabel, S2	*11-11.45am <b>Spin</b> with Ayesha
*10-10.45am <b>Spin</b> with Ayesha	*11am-12pm <b>Advanced Pilates</b> with Pamela Squash Court 1	*11am-12pm <b>Pilates</b> with Zuzana, S2
*10-10.50am <b>Forever Fit</b> with Anita S1	*11.10-11.50am <b>Hydro Circuit</b> with Ayesha	*11.30-12.30pm <b>Body Balance</b> with Jade, S1
10.30-11.15am <b>Bootcamp</b> , with Lucy	11.15am-12pm <b>Body Blast</b> with Susanne, S1	*12.15-1.15pm <b>Power Yoga</b> with Zuzana, S2
*11am-12pm <b>Advanced Pilates</b> with Pamela, S1	12.15-1.15pm <b>Body Pump</b> with Pamela, S2	*3-4.30pm <b>Sivananda Yoga</b> – Alison, S1
*11-11.45am <b>Aqua</b> with Ayesha	*12.30-1.30pm <b>Pilates</b> with Zuzana, S1	
12.05-12.50pm <b>LBT</b> with Ayesha, S1	*1:45-2.45pm <b>Vinyasa Flow Yoga</b> with Daisy, S1	
12.10-1.10pm <b>Body Pump</b> with Pamela, S2	*6.30-7.15pm <b>Virtual Spin</b>	
*1-1.30pm <b>Stretch</b> with Gym Staff S1		

All sessions marked \*  
are Low Impact

## JUNIOR GYM CLASSES

Junior Strength and Conditioning  
Tuesday, Thursday 5pm  
& Saturday 1:30pm

Teen Spin Sunday 12:45pm

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

# Class Descriptions

## **Aerotone**

Combination of aerobic and conditioning exercises to provide an all-over-body workout.

## **Aqua**

Using water as a resistance, this pool-based workout is great for cardio and conditioning while being gentle on joints.

## **Back to Basics Pilates**

An ideal class to follow the Complete Beginners course or to remind you of the basics. Focusing on technique, you will gently strengthen the core, pelvic alignment and postural muscles and increase body awareness and joint mobility.

## **Body Blast**

Head to toe strengthening using your own body weight, hand weights and resistance bands. In this class you will combine cardiovascular fitness, core strength and balance to achieve your fitness goals.

## **Boxing Circuits**

Boxing circuits involves combining various exercises that are performed back to back with minimal rest.

## **Fit Ball**

Total body conditioning using the swiss ball to sculpt and shape the body.

## **HIIT**

Short bursts of interval training using intense anaerobic exercises to burn a large amount of calories in a limited time.

## **HIIT and Core**

High Intensity Interval Training and core work to burn a large amount of calories in a short space of time.

## **Hydro Spin**

A full body workout using underwater bikes. Great for conditioning while being gentle on joints. Open to all fitness levels. Please arrive early to set up.

## **LBT**

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to focus on legs, bums and tums.

## **LES MILLS BARRE™**

A modern version of classic balletic training. Designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

## **LES MILLS BODYATTACK™**

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivates everyone towards their fitness goals.

## **LES MILLS BODYBALANCE™**

A mixture of Yoga, Tai Chi and Pilates to build flexibility and strength. The series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## **LES MILLS BODYPUMP™**

Sculpt, tone and strengthen your entire body with low weights and high reps. You will burn fat, gain strength and produce lean body muscle while you squat, press, lift and curl.

## **LES MILLS GRIT™**

Classes consist of high-intensity, 30-minute workouts in one of three styles: Strength, Cardio and Plyo. From barbell, plate and body weight exercises (Strength) to challenging cardiovascular fitness (Cardio) to explosive athletic training (Plyo), you will work harder to get fitter, faster.

## **Forever Fit**

A low-impact dance class, combining traditional, fun moves to improve strength, balance and endurance.

## **Pilates**

Mat-based exercises to improve muscle control, flexibility, coordination, strength and tone. Suitable for all.

## **Power Yoga**

Power Yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high impact yoga poses.

## **Sculpt**

Sculpt is a strength based stationary circuit class that works through all the main muscle groups for an all over body workout. The freestyle weights session uses mainly dumbbells and the focus is on becoming stronger as well as toning, sculpting and defining.

## **Stretch Pilates**

Slow-paced mat based exercises to improve muscle control, coordination, tone and strength. With focus on mobility and stretching to work on flexibility.

## **Sivananda Yoga**

A classical form of yoga practising pranayama (yogic breathing) and asanas (yoga poses) to increase strength and flexibility and relaxation to calm the body and the mind.

## **Spin**

A challenging and fun cycling workout to improve cardiovascular fitness while burning calories. New to Spin? Try our Beginners classes first.

## **Step**

A choreographed workout with music to help set the tone and pace as you work out.

## **Stretch**

A non-impact class with a focus on stretching, mobility and developing flexibility, which can help to reduce the risk of injury. Please warm up before the class.

## **TBW**

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to tone the whole body.

## **TRX**

Suspension Training bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously.

## **Yoga**

Feel the physiological benefits, relieve stress and improve posture to create an overall sense of wellbeing.

## **Zumba**

Latin-inspired, easy-to-follow, calorie burning dance.

# Studio Etiquette

- All belongings should be left in changing room lockers, with no exceptions.
- Members may not join a class five minutes after it has begun. This is to ensure the safety and comfort of all class participants.
- If a Member has not arrived by the start of the class, Members on the first reserve will be given the space.
- Please wipe down equipment after use and leave in an orderly manner – as you would like to find it.
- Please be respectful and allow house-keeping staff time to finish cleaning before entering the studio.
- Please notify the instructor of any injuries or illnesses that may affect your participation in the class.
- Download and use the Roehampton Club Health Club App to view, book and cancel classes. Search for it in your device's app store.

## Booking policy

- Studio Class booking opens three days in advance.
- Booking in advance is not compulsory but will guarantee your space.
- Once a class is full, up to three Members have the option to book onto the waiting list. If a space becomes available, the first person on the waiting list will automatically be given the place. This will be confirmed by email.

## No show policy

- On the first occasion there is no penalty for a no show.
- On subsequent occasions, the system will automatically suspend the Member's booking rights for seven days.

## Cancellation policy

- Under all circumstances, please cancel more than 12 hours before your class is due to start.
- Within 12 hours, you will need to contact Health Club Reception to cancel. You will not be able to cancel online.
- If you are already at the Club and wish to cancel your class, please notify Health Club Reception immediately.
- There is no penalty for your first late cancellation, just a warning.
- On subsequent occasions, the system will automatically suspend the Member's booking rights for seven days.

For more information on these activities please  
email [healthclub@roehamptonclub.co.uk](mailto:healthclub@roehamptonclub.co.uk)

