

# Fitness Class Timetable from 4th March 2024

Please book in advance – online via the Members' website at [www.roehamptonclub.co.uk](http://www.roehamptonclub.co.uk) or call the Reception Team 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 and Saturday 1:30pm

Teen Spin Sunday 12:45pm

## SUNDAY

\*8.10-8.50am **Hydro Spin** with Ayesha

9-10am **Pilates** with Lauren, S2

9-9.45am **LBT** with Ayesha, S1

9.30-10am **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 Charlotte

\*11:30am-12.30pm **Pilates** with Lauren S1