

Fitness Class Summer Timetable from 15th July – 1st September

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	VIRTUAL SPIN
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MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am GRIT S1	*6.30-7.15am Spin	6.30-7.30am Body Pump S1
*6.30-7am Virtual Spin	7-7.30am GRIT S1	*7.45-8.45am Pilates S1
7-7.45am Body Pump S1	8.30-9.15am HIIT and Core S1	*8-8.50am Hydro Circuit
*8-9am Pilates S1	9-9.45am Bootcamp	8-8.45am Sculpt S2
*8.15-9am Spin	*9.30-10.15am Spin	*9-9.45am Spin
*8.50-9.50am Yoga S2	9.30-10.30am Body Pump S1	9-9.45 Bootcamp
* 9:10-10:10am Back to Basics Pilates S1	*9.45-10.30am Aqua	*9-10am Vinyasa Flow S1
10.30-11.15am LBT S1	10-10.30am TRX S2	*10.15-11.15am Yin Yang S1
10.30-11.15 Fit Ball S2	*10.45-11.45am Zumba S2	*10.30-11.10am Aqua
*11.25-12.25pm Forever Fit S1	*10.45-11.45am Pilates S1	*11.30am-12.30pm Body Pump S1
* 12pm-1pm Power Yoga S2	*11-11.40am Hydro Spin	12.45-1.45pm Body Balance S1
*12.35-1.35pm Pilates S1	*12.15-12.45pm Stretch S1	*2-3pm Tai Chi S1
*2-3pm Reformer Class S2 £	*1-2pm Vinyasa Flow Yoga S1	*3-4pm Stage 2 Tai Chi S1
*3-4pm Tai Chi S1	* 2.15-3.15pm Reformer Class S2 £	*6.30-7.30pm Pilates S1
*6.30-7.15pm Spin	*6.45-7.30pm Spin	*7-7.45pm Virtual Spin
*6.30-8pm Sivananda Yoga S1	*7-8pm Pilates S1	
7.30-8.15pm HIIT S2		

THURSDAY	FRIDAY	SATURDAY
*6.30-7.15am Virtual Spin	7-7.45am Body Pump S1	*7.45-8.45am Pilates S1
7-7.45am Body Pump S1	7.30-8.30am Reformer Class S2 £	8.30-9am GRIT Cardio
9-9.45 Fit Ball S1	8-8.45am Sculpt S1	*8.45-9.30am Aqua
10-10.45am Spin	9-9.45am Bootcamp	*9- 9.45am Spin
*10-10.55am Yoga S2	*9-9.45am Aqua	9-9.45am Body Pump S1
*10-10.50am Forever Fit S1	*9 -9.45am Spin	9.15-9.45am GRIT Strength S2
10.30-11.15am Bootcamp	10-10.30am TRX S2	10-10.45am LBT
*11am-12pm Pilates S1	*10-11am Back to Basics Pilates S1	10-10.45am Step S1
*11-11.50am Aqua	*11.10-11.50am Hydro Circuit	*11-11.45am Spin
*12-12.45 LBT	*11.05pm-12.05pm Pilates S1	*11am-12pm Pilates S2
12.10-1.10pm Body Pump S1	12.15-1.15pm Body Pump S1	*11.30am-12.30pm Body Balance S1
*1-1.30pm Stretch with S2	*6.30-7.15pm Virtual Spin	*12.15-1.15pm Power Yoga S2
6.30-7.15pm Spin		*3-4.30pm Sivananda Yoga S1
*7.30-8.15pm HIIT S1		

Instructor Information:

Due to Instructor availability through summer, we will publish which instructor is teaching on a weekly basis.

Cover instructor information can be found:

- Health Club Reception
- Gym & Studios App
- Members Website

Cover will be published every Friday for the following week.

All classes marked * are low impact

SUNDAY
*8.10-8.50am Hydro Spin
*9-10am Pilates S2
9-9.45am LBT S1
9.30-10am Bootcamp
*9.30-10.15am Spin
10.15-11am Body Pump S1
10.15-11.15am TBW S2
*10.30-11.15am Spin
*11:30am-12.30pm Pilates S1
*1.45-2.45pm Reformer Class S2 £
*3-4pm Reformer Induction S2 £

JUNIOR GYM CLASSES

Circuits Tuesday 12pm, Thursday 11am and Saturday 1:30pm

Teen Spin Sunday 12:45pm

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

