

Good Friday and Easter Monday

Friday 18th April - Monday 21st April



Health Club Opening times 8am - 8pm

Outdoor pool 8am - 7pm

Indoor pool 8am - 8pm

Studio Timetable:

GOOD FRIDAY	SATURDAY
8.15-9am Sculpt with Clare, S1	*7.45-8.45am Pilates with Jo-Ann, S1
9-9.45am Bootcamp with Roy	*8.45-9.30am Aqua with Susan
*9.15-10am Spin with Clare	9-9.45am HIIT with Boryana, S2
10-10.30am TRX with Lucy, S2	*9- 9.45am Spin with Lauren
*10-11am Back to Basics Pilates with Sarah, S1	9-9.55am Body Pump with Ayesha, S1
*11.10-11.50am Hydro Circuit with Ayesha	10-10.45am LBT with Ayesha
11.15am-12pm Body Blast with Sarah, S1	10-10.45am Step with Lauren, S1
*12.15-1.15pm Body Pump with Pamela, S2	*11-11.45am Spin with Ayesha
	*11am-12pm Pilates with Lauren, S2
	*11.30-12.30pm Body Balance with Jade, S1
	*3-4.30pm Sivananda Yoga – Alison, S1
	4.45pm HIIT Circuits with Boryana, S1

EASTER SUNDAY	EASTER MONDAY
*7.45-8.45am Pilates with Lauren, S1	*8.15-9am Spin with Clare
*8.10-8.50am Hydro Spin with Ayesha	*8.50-9.50am Yoga with Pamela, S2
9-10am Pilates with Lauren, S2	* 8.50-9.50am Back to Basics Pilates with Susanne, S1
9-9.45am LBT with Ayesha, S1	9.55-10.40am LBT with Susanne, S1
9.30-10am Bootcamp with Ricky	10.30-11.15am Fit Ball with Ayesha, S2
*9.30-10.15am Spin with Charlotte	10.50-11.30am Aqua HIIT with Susanne
10.15-11am Pump with Ayesha, S1	*11.35-12.35pm Forever Fit with Lauren, S1
10.30-11.15am Spin with Charlotte	* 12pm-1pm Power Yoga with Zuzana, S2
10.15-11.15am TBW with Lauren, S2	*12.45-1.45pm Pilates with Lauren, S1
*11:30am-12.30pm Pilates with Lauren S1	*3-4pm Tai Chi with Graham, S1
*1.45-2.45pm Reformer Pilates with Lauren, S2	*5-6.30pm Sivananda Yoga with Alison, S1
*3-4pm Reformer Pilates with Lauren, S2	*6.30-7.15pm Spin with Alex

Guest Policy

Bank Holiday Monday and Bank Holiday Friday – No guests allowed

Saturday and Sunday – from 2pm, one Guest per Member

Stuart Reeks

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