

## Fitness Class Timetable – from 16<sup>th</sup> May 2025

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.

**£ = additional class cost. All sessions marked \* are Low Impact**



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	VIRTUAL SPIN
MONDAY		TUESDAY		WEDNESDAY
6.15-6.45am GRIT with TBC, S1		6.15-6.45am GRIT with Donovan, S1		6.30-7.30am Body Pump with David, S1
*6.30-7am Virtual Spin		*6.30-7.15am Spin with Ayesha		7.15-8am Sculpt with Clare, S2
7-7.45am Body Pump with TBC, S1		7.15-8am Box Fit with Donovan, S1		*7.45-8.45am Stretch Pilates Susanne, S1
*7.45-8:45am Pilates with Susanne, S2		8-8.45am Sculpt with Clare, S2		8.00-8.50am Hydro Circuit with Lucy
7.50-8.35am HIIT & Core with Clare, S1		8.30-9.15am Bootcamp with Donovan, S1		8.15-9am Spin with Clare
*8.45-9.30am Spin with Clare		*9-9.45am Spin with Clare		9-9.45am Abs Conditioning with Susanne, S2
*8.50-9.50am Yoga with Pamela, S2		9.30–10.30am Body Pump – with Gabrielle, S1		*9-10am Vinyasa Flow Yoga Juliet, S1
* 8.50-9.50am Back to Basics Pilates with Susanne S1		*9.45-10.30am Aqua with Anita		9-9.45 Bootcamp with Ryan
9.55-10.40am LBT with Susanne, S1		10-10.30am TRX with Lucy, S2		10.05-10.50am Fitball with Ayesha, S2
10-10.45am Hyrox with Lucy		*10-10.30am HIIT Spin with Clare		*10.15-11.15am Yin Yang Yoga with Aoife S1
10.30-11.15am Fit Ball with Ayesha, S2		*10.45-11.45am Zumba with Anita, S2		11-11.45 Aqua with Ayesha
10.45-11.30am Abs with Lauren S1		*10.45-11.45am Pilates with Pamela, S1		11am-12pm Body Pump with Boryana, S2
10.50-11.30am Aqua HIIT with Susanne		*11-11.40am Hydro Spin with Susanne		*11.30-12.30pm Pilates with Susanne, S1
*11.35-12.35pm Forever Fit with Lauren, S1		*12.15-12.45pm Stretch with Lucy, S1		*12.15-1.15pm Body Balance with Boryana, S2
* 12pm-1pm Power Yoga with Zuzana, S2		*1–2pm Vinyasa Flow Yoga with Daisy, S1		*1.30-2.30pm Power Yoga with Zuzana, S2
*12.45-1.45pm Pilates with Lauren, S1		*1.30-2.30pm Reformer Pilates with Susanne, S2 £		*2-3pm Tai Chi TCA with Graham, S1
*2.15-3.15pm Reformer Pilates with Lauren, S2 £		*2.45-3.45pm Reformer Pilates with Susanne, S2 £		*3-4pm Tai Chi Sun 73 with Graham, S1
*3-4pm Tai Chi 24 Form with Graham, S1		*6.45-7.30pm Circuits with Roy, S2		*6.30-7.30pm Pilates with Charlotte, S1
*3.30-4.30pm Reformer Pilates with Lauren, S2 £		*7-8pm Pilates with Lana, S1		7-7.45pm HIIT with Sophia, S2
*6.30-7.15pm Spin with Alex				SATURDAY
*6.30-8pm Sivananda Yoga with Alison, S1				*7.45-8.45am Pilates with Jo-Ann, S1
7.30-8.15pm HIIT with Alex, S2				*8.45-9.30am Aqua with Susan
				9-9.45am HIIT with Boryana, S2
				*9- 9.45am Spin with Lauren
THURSDAY		FRIDAY		9-9.55am Body Pump with Ayesha, S1
6.15-6.45am HIIT with Ricky, S1		6.15-6.45am Gym HIIT with Lucy		10-10.45am LBT with Ayesha
*6.30-7.15am Virtual Spin		7-7.45am Body Pump with Boryana, S1		10-10.45am Step with Lauren, S1
*8.45-9.45am Intermediate Pilates with Charlotte, S1		*7.30-8.30am Reformer Pilates Zuzana, S2 £		11-11.45am Hyrox with Boryana
9-9.45am Bootcamp, with Sophia		8.15-9am Sculpt with Clare, S1		*11-11.45am Spin with Ayesha
9-9.45am Body Pump with Ayesha, S2		*8.45-9.45am Reformer Pilates with Zuzana, S2 £		
*10-10.55am Vinyasa Yoga Pamela, S2		9-9.45am Bootcamp with Roy		*11am-12pm Pilates with Zuzana, S2
*10-10.45am Spin with Ayesha		*9-9.45am Aqua with Susanne		*11.30-12.30pm Body Balance with Jade, S1
*10-10.50am Forever Fit with Anita S1		*9.15-10am Spin with Clare		*12.15-1.15pm Power Yoga with Zuzana, S2
*11am-12pm Advanced Pilates Pamela, S1		10-10.30am TRX with Lucy, S2		*3-4.30pm Sivananda Yoga – Alison, S1
*11-11.45am Aqua with Ayesha		*10-11am Back to Basics Pilates with Susanne S1		4.45-5.30pm Circuits with Boryana, S1
12.05-12.50pm LBT with Ayesha, S2		*11am-12pm Body Balance with Isabel, S2		SUNDAY
12.10-1.10pm Body Pump with Pamela, S1		*11-11.50am Hydro Circuit with Ayesha		7.45-8.45am Pilates with Lauren S1
1-1.50pm Hydro Circuit with Ayesha		11.15am-12pm Body Blast with Susanne, S1		*8.10-8.50am Hydro Spin with Ayesha
*1-2pm Parent & Baby Yoga with Alison, S2 (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of the month)		12.15-1.15pm Body Pump with Pamela, S2		9-10am Pilates with Lauren, S2
*1.15-1.45pm Stretch with Ryan S1		*12.30-1.30pm Pilates with Zuzana, S1		9-9.45am LBT with Ayesha, S1
*5-5:45pm Online Pilates with Suanne		*1:45-2.45pm Vinyasa Flow Yoga with Daisy, S1		9.30-10am Bootcamp with Ricky
*6.30-7.15pm Spin with Alex		*6.30-7.15pm Virtual Spin		*9.30-10.15am Spin with Amanda/Charlotte
JUNIOR GYM CLASSES Please see Junior Gym Poster for more details on Junior and Family classes				10.15-11am Body Pump with Ayesha, S1
				10.15-11.15am TBW with Lauren, S2
				*10.30-11.15am Spin with Amanda/Charlotte
				11.30am-12pm TRX with Gym Staff, S2
				*11:30am-12.30pm Pilates with Lauren S1
				*1.45-2.45pm Reformer Pilates Lauren, S2 £
				*3-4pm Reformer Pilates Lauren, S2 £
				*4.15-5pm HIIT Spin with Lauren

# 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.

**Box Fit** - High intensity cardio workout that uses boxing techniques to improve strength, core and agility.

**Circuits** - Body weight, weighted and cardio exercises all mixed together for a 45 minute class. Beginner friendly.

**Fit Ball** - Total body conditioning using the swiss ball to sculpt and shape.

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

**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 Circuit

Similar to Hydro Spin but this class uses both water based bikes and treadmills. Great for conditioning while being gentle on joints. Open to all fitness levels. Please arrive early to set up.

**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.

**Hyrox** - A 45-minute high intensity class. Focusing on the eight essential movements that make up a Hyrox Event. Ski Erg, Sled Push, Sled Pull, Burpee Broad jumps, Rowing, Farmers Carry, Sandbag Lunges and Wall Balls. As well as developing running, power, stamina and speed. Whether you are looking to compete yourself or wanting to get into hybrid training, this is the session for you.

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

**LES MILLS BODYATTACK™** - This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and music motivate you towards your 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.

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

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

**Reformer Pilates** - A full body workout combining traditional movements and techniques from mat Pilates with a reformer machine.

**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.

**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.

**Tai Chi TCA Beginner Class** - Please attend this class first then you will progress to either the 24 Form or Sun 73 as per Graham's expertise. This programme uses slow movements to improve balance, reduce pain and increase muscle strength. Suitable for beginners.

**Tai Chi 24 Form** - A level up from Tai Chi TCA. It combines 24 postures from traditional Yang Style Tai Chi. Requires the calming of the mind and relaxing of the body as well as the combining of movement and stillness.

**Tai Chi Sun 73** - A specific form of Tai Chi, within the Sun style, consisting of 73 distinct movements, known for its smooth, flowing motions, agile footwork, and emphasis on cultivating internal energy (Qi) through practice.

**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.

**Vinyasa Flow Yoga** - Yoga stringing postures together so that you move from one to another seamlessly using breath.

**Yin Yang Yoga** - A practice that combines the passive meditative elements of Yin yoga with dynamic energizing aspects of Yang yoga. Good for beginners

**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)

