

Fitness Class Timetable – Summer 2025 *Monday 21st July – Sunday 31st August*

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.

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



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	VIRTUAL SPIN
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MONDAY	TUESDAY	WEDNESDAY
*7.45-8:45am Pilates S2	6.15-6.45am GRIT S1	6.30-7.30am Body Pump S1
7.50-8.35am HIIT & Core S1	*6.30-7.15am Spin	7.15-8am Sculpt S2
*8.45-9.30am Spin	7.15-8am Box Fit S1	*7.45-8.45am Stretch Pilates S1
*8.50-9.50am Yoga S2	8-8.45am Sculpt S2	*8.00-8.50am Hydro Circuit
*8.50-9.50am Back to Basics Pilates S1	8.30-9.15am Bootcamp S1	8.15-9am Spin
9.55-10.40am LBT S1	*9-9.45am Spin	9-10am Vinyasa Flow Yoga, S1
10-10.45am Hyrox	9.30-10.30am Body Pump S1	9-9.45am Bootcamp
10.30-11.15am Fit Ball S2	*9.45-10.30am Aqua	10.05-10.50am Fitball S2
10.45-11.30am Abs Conditioning S1	10-10.30am TRX S2	*10.15-11.15am Yin Yang Yoga S1
10.50-11.30am Aqua HIIT	*10.45-11.45am Zumba S2	11-11.45 Aqua
*11.35-12.35pm Forever Fit S1	*10.45-11.45am Pilates S1	11am-12pm Body Pump S2
12-1pm Power Yoga, S2	*11-11.45am Hydro Spin	*11.30-12.30pm Pilates S1
*12.45-1.45pm Pilates S1	*12.15-12.45pm Stretch S1	*12.15-1.15pm Body Balance S2
*2.15-3.15pm Reformer Pilates S2 £	*1-2pm Vinyasa Flow Yoga S1	*2-3pm Tai Chi TCA S1
*3-4pm Tai Chi 24 Form S1	*6.45-7.30pm Circuits	*3-4pm Tai Chi Sun 73 S1
*6.30-7.15pm Spin	*7-8pm Pilates S1	*6.30-7.30pm Pilates S1
*6.30-8pm Sivananda Yoga S1		
7.30-8.15pm HIIT S2		

THURSDAY	FRIDAY	SATURDAY
6.15-6.45am HIIT S1	7-7.45am Body Pump S1	*7.45-8.45am Pilates S1
*8.45-9.45am Intermediate Pilates S1	8-8.45am Bootcamp	*8.45-9.30am Aqua
9-9.45am Bootcamp	8.15-9am Sculpt S1	9-9.45am HIIT S2
9-9.45am Body Pump S2	8.45-9.45am Reformer Pilates, S2 £	*9-9.45am Spin
*10-10.45am Spin	9-9.45am Bootcamp	9-9.55am Body Pump S1
*10-10.50am Forever Fit S1	*9-9.45am Aqua	10-10.45am LBT
*11am-12pm Advanced Pilates S1	*9.15-10am Spin	10-10.45am Step S1
*11-11.45am Aqua	10-10.30am TRX S2	11-11.45am Hyrox
12.05-12.50pm LBT S2	*10-11am Back to Basics Pilates	*11-11.45am Spin
12.10-1.10pm Body Pump S1	*11-11.50am Hydro Circuit	*11am-12pm Pilates S2
*1.15-1.45pm Stretch S1	12.15-1.15pm Body Pump S2	*12.15-1.15pm Power Yoga S2
*6.30-7.15pm Spin	12.30-1.30pm Pilates S1	*11.30-12.30pm Body Balance S1
	*1:45-2.45pm Vinyasa Flow Yoga S1	*3-4.30pm Sivananda Yoga S1
		4.45-5.30pm Circuits with 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 and Studios App
- Members Website

Cover will be published every Friday for the following week.

All classes marked * are low impact

SUNDAY

7.45-8.45am Pilates S1
*8.10-8.50am Hydro Spin
9-10am Pilates S2
9-9.45am LBT S1
9.30-10am Bootcamp
*10-10.45am Spin
10.15-11am Body Pump S1
10.15-11.15am TBW S2
*11:30am-12.30pm Pilates S1
*1.45-2.45pm Reformer Pilates S2 £

Junior and Family classes:

Junior Strength and Conditioning

Tuesday 5pm and Saturday 1.30pm

Family Bootcamp:

Saturday 2pm and Sunday 10.30am

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.
- Late arrivals will not be admitted into classes. This is to protect Members from both injury and interruption to their class.
- 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 at 6.45am.
- 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

