

## Fitness Class Timetable – from Monday 13<sup>th</sup> October 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.

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

| STUDIO CLASS – S1, S2                                | OUTDOOR  | IN THE POOL                                 | SPIN STUDIO |
|--|--|---|-------------|
| MONDAY   |  | TUESDAY                                     | WEDNESDAY   |
| 6.15-6.45am GRIT with Donovan, S1                    | 6.15-6.45am GRIT with Donovan, S1                | 6.30-7.30am Body Pump with David, S1        |             |
| 7-7.45am Body Pump with Steve, S1                    | *6.30-7.15am Spin with Ayesha                    | 7.15-8am Sculpt with Clare, S2              |             |
| *7.45-8:45am Pilates with Susanne, S2                | 7.15-7.45am HIIT & Core with Clare, S2           | *7.45-8.45am Stretch Pilates Susanne, S1    |             |
| 7.50-8.35am Sculpt with Clare, S1                    | 7.15-8am Box Fit with Donovan, S1                | 8-8.45am Bootcamp with Ryan                 |             |
| *8.45-9.30am Spin with Clare                         | 8-8.45am Sculpt with Clare, S2                   | 8.00-8.50am Hydro Circuit with Lucy         |             |
| *8.50-9.50am Yoga with Pamela, S2                    | 8.30-9.15am Bootcamp with Donovan, S1            | 8.15-9am Spin with Clare                    |             |
| *8.50-9.50am B2B Pilates with Susanne S1             | *9-9.45am Spin with Clare                        | 9-9.45am Abs Conditioning with Susanne, S2  |             |
| 9.55-10.40am LBT with Susanne, S1                    | 9.30–10.30am Body Pump with Gabrielle, S1        | *9-10am Vinyasa Flow Yoga Juliet, S1        |             |
| 10-10.45am Hyrox with Lucy                           | *9.45-10.30am Aqua with NaYoung                  | 9-9.45am Bootcamp with Ryan                 |             |
| 10.30-11.15am Fit Ball with Ayesha, S2               | 10-10.30am TRX with Lucy, S2                     | 10.05-10.50am Fitball with Ayesha, S2       |             |
| 10.45-11.30am Abs Conditioning with Lauren S1        | *10-10.30am HIIT Spin with Clare                 | *10.15-11.15am Yin Yang Yoga with Aoife S1  |             |
| 10.50-11.30am Aqua HIIT with Susanne                 | *10.45-11.45am Zumba with Anita, S2              | 11-11.45 Aqua with Ayesha                   |             |
| *11.30am-12.30pm Power Yoga with Maddi, S2           | *10.45-11.45am Pilates with Pamela, S1           | 11am-12pm Body Pump with Boryana, S2        |             |
| *11.35-12.35pm Forever Fit with Lauren, S1           | *11-11.40am Hydro Spin with Susanne              | *11.30-12.30pm Pilates with Susanne, S1     |             |
| *12.45-1.45pm Pilates with Lauren, S1                | *12.15-12.45pm Stretch with Lucy, S1             | *12.15-1.15pm Body Balance with Boryana, S2 |             |
| *2.15-3.15pm Reformer Pilates with Lauren, S2 £      | *1–2pm Vinyasa Flow Yoga with Daisy, S1          | *2-3pm Tai Chi TCA with Graham, S1          |             |
| *3-4pm Tai Chi 24 Form with Graham, S1               | *1.30-2.30pm Reformer Pilates with Susanne, S2 £ | *3-4pm Tai Chi Sun 73 with Graham, S1       |             |
| *3.30-4.30pm Reformer Pilates with Lauren, S2 £      | *2.45-3.45pm Reformer Pilates with Susanne, S2 £ | *6.30-7.30pm Pilates with Charlotte, S1     |             |
| *6.30-7.15pm Spin with Alex                          | *6.45-7.30pm Circuits with Roy, S2               | SATURDAY                                    |             |
| *6.30-8pm Sivananda Yoga with Alison, S1             | *7-8pm Pilates with Lana, 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                |             |
|  |  | 8.45-9.15am HIIT with Lucy, 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                      | *6.15-7.15am Reformer Pilates with Lana, S2 £    | 9.20-9.50am HIIT with Lucy, S2              |             |
| *8.45-9.45am Intermediate Pilates with Charlotte, S1 | 6.15-6.45am Gym HIIT with Lucy                   | 10-10.45am LBT with Ayesha                  |             |
| 9-9.45am Bootcamp, with TBC                          | 7-7.45am Body Pump with Michelle, S1             | 10-10.45am Step with Lauren, S1             |             |
| 9-9.45am Body Pump with Ayesha, S2                   | *7.30-8.30am Reformer Pilates with Lana, S2 £    | 11-11.45am Hyrox with Lucy                  |             |
| *10-10.55am Vinyasa Yoga Pamela, S2                  | 8-8.45am Bootcamp with Roy                       | *11-11.45am Spin with Ayesha                |             |
| *10-10.45am Spin with Ayesha                         | 8.15-9am Sculpt with Clare, S1                   | *11am-12pm Pilates with Lauren, S2          |             |
| *10-10.50am Forever Fit with Anita S1                | *8.45-9.45am Reformer Pilates with Lana, S2 £    | *11.30-12.30pm Body Balance with Jade, S1   |             |
| *11am-12pm Advanced Pilates Pamela, S1               | 9-9.45am Bootcamp with Roy                       | *12.15-1.15pm Power Yoga with Michelle, S2  |             |
| *11-11.45am Aqua with Ayesha                         | *9-9.45am Aqua with Susanne                      | *3-4.30pm Sivananda Yoga – Alison, S1       |             |
| 12.05-12.50pm LBT with Ayesha, S2                    | *9.15-10am Spin with Clare                       | SUNDAY                                      |             |
| 12.10-1.10pm Body Pump with Pamela, S1               | 10-10.30am TRX with Lucy, S2                     | 7.45-8.45am Pilates with Lauren S1          |             |
| 1-1.50pm Beginner Hydro with Ayesha                  | *10-11am B2B Pilates with Susanne S1             | *8.10-8.50am Hydro Spin with Ayesha         |             |
| *1.15-1.45pm Stretch with Ryan S1                    | *11am-12pm Body Balance with Isabel, S2          | 9-10am Pilates with Lauren, S2              |             |
| *5-5:45pm Online Pilates with Suanne                 | *11-11.50am Hydro Circuit with Ayesha            | 9-9.45am LBT with Ayesha, S1                |             |
| *6-7pm Reformer Pilates with Daisy, S2 £             | 11.15am-12pm Body Blast with Susanne, S1         | 9.30-10am Bootcamp with Ricky               |             |
| *6.30-7.15pm Spin with Alex                          | 12.15-1.15pm Body Pump with Pamela, S2           | *9.30-10.15am Spin with Amanda/Charlotte    |             |
| *7-8pm Reformer Pilates with Daisy, S2 £             | *12.30-1.30pm Pilates with Charlotte, S1         | 10.15-11am Body Pump with Ayesha, S1        |             |
|  | *1:45-2.45pm Vinyasa Yoga with Daisy, 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 £        |             |
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### JUNIOR GYM CLASSES

Please see Junior Gym Poster for more details on Junior and Family classes

# Fitness Class Descriptions

## Advanced Pilates

Challenge your strength, precision, and control in our Advanced Pilates class. This high-level session is tailored for experienced practitioners ready to master complex sequences, advanced equipment exercises, and demanding core work. Perfect for those seeking peak performance, optimal alignment, and enhanced athletic conditioning.

## Ashtanga Yoga

Rooted in tradition and built on discipline, our Ashtanga Yoga class follows a structured series of postures that build strength, flexibility, and focus. Ideal for dedicated yogis, this vigorous practice includes breath-synchronized movement, progressive poses, and a meditative rhythm. Be prepared to sweat, flow, and evolve both physically and mentally.

## 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.

## Fit Ball

Total body conditioning using the swiss ball to sculpt and shape the body.

## 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.

## Intermediate Pilates

Take your Pilates practice to the next level with our Intermediate class. Designed for those with a solid foundation in Pilates, this class introduces more dynamic movements, greater core engagement, and refined technique. Improve posture, enhance flexibility, and build strength as you deepen your mind-body connection in a supportive environment.

## 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 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.

### **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.

### **Reformer Pilates**

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

### **Rehab Hydro Spin**

Low-impact meets high-efficiency in our Rehab Hydro Spin class. Conducted in a warm water pool, this class is specially designed for those recovering from injury, managing joint conditions, or easing into fitness. The water's resistance provides a safe yet effective cardiovascular workout while supporting mobility and muscle recovery. Perfect for all ages and abilities.

### **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.

### **Tai Chi TCA**

A program that uses slow movements to improve balance, reduce pain and increase muscle strength. Suitable for beginners. Requires the calming of the mind and relaxing of the body as well as the combining of movement and stillness.

### **Tai Chi 24 Form**

A level up from Tai Chi TCA. A program that 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.

### **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.

### **Zumba**

Latin-inspired, easy-to-follow, calorie burning dance.

# Fitness 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](mailto:healthclub@roehamptonclub.co.uk)

