

Fitness Class Timetable – Christmas Timetable 22nd December – 4th January 2026



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.

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

STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO
MONDAY 22nd		TUESDAY 23rd	WEDNESDAY 24th
6.15-6.45am HIIT with Roy, S1		6.15-6.45am HIIT with Ryan, S1	7.15-8am Sculpt with Clare, S1
7-7.45am Body Pump with Steve, S1		*6.30-7.15am Spin with Ayesha	8.15-9am Spin with Clare
7.50-8.35am Sculpt with Clare, S1		7.15-7.45am HIIT & Core with Clare, S2	9-10am Bootcamp & Stretch with Ryan
*8.45-9.30am Spin with Clare		8-8.45am Sculpt with Clare, S2	10.05-10.50am Fitball with Ayesha, S1
*8.50-9.50am Yoga with Pamela, S2		8.30-9.15am Bootcamp with Lucy, S1	11-11.45 Aqua with Ayesha
*8.50-9.50am B2B Pilates with Lauren S1		*9-9.45am Spin with Clare	
10-10.45am Hyrox with Lucy		9.30-10.30am Body Pump with Gabrielle, S1	
10.30-11.15am Fit Ball with Ayesha, S2		*9.45-10.30am Aqua with Szilvia	
10.45-11.30am Abs Conditioning with Lauren S1		10-10.30am TRX with Lucy, S2	
10.50-11.30am Aqua HIIT with Clare		*10-10.30am HIIT Spin with Clare	
*11.30am-12.30pm Power Yoga with Maddi, S2		*10.45-11.45am Pilates with Pamela, S1	
*11.35-12.35pm Forever Fit with Lauren, S1		*11-11.50am Hydro Circuit with Lucy	
*12.45-1.45pm Pilates with Lauren, S1		*12.15-12.45pm Stretch with Lucy, S1	
*2.15-3.15pm Reformer Pilates with Lauren, S2 £		*1-2pm Vinyasa Flow Yoga with Daisy, S1	
*3-4pm Tai Chi 24 Form with Graham, S1		*6.45-7.30pm Circuits with Nicole, S1	
*6.30-7.15pm Spin with Alex			
*6.30-8pm Sivananda Yoga with Alison, S1			

SATURDAY 27th	SUNDAY 28th	MONDAY 29th
*8.15-9.15am Pilates with Jo-Ann, S1	*8.10-8.50am Hydro Spin with Ayesha	*8.45-9.30am Spin with Clare
*8.45-9.30am Aqua with Susan	9.30-10.15am Virtual Spin	*8.50-9.50am Yoga with Pamela, S2
9-9.30am HIIT with Ryan S2	9-9.45am LBT with Ayesha, S1	9-10am Bootcamp & Stretch with Roy
9.30-10.15am Body Pump with Ayesha, S1	10.15-11am Body Pump with Ayesha, S1	9.45-10.30am Sculpt with Clare S1
10.30-11.15am LBT with Ayesha	11.30am-12pm TRX with Ryan, S2	10.30-11.15am Fit Ball with Ayesha, S1
*11.30-12.15am Spin with Ayesha		10.50-11.30am Aqua HIIT with Clare
*11.30-12.30pm Body Balance with Jade, S1		*3-4pm Tai Chi 24 Form with Graham, S1
*3-4.30pm Sivananda Yoga – Alison, S1		*6.30-7.15pm Spin with Alex
		*6.30-8pm Sivananda Yoga with Alison, S1

TUESDAY 30th	WEDNESDAY 31ST	THURSDAY 1ST
8.15-9am Sculpt with Clare, S2	8.15-9am Sculpt with Clare, S1	10.15-11.15am Bootcamp & Stretch with Ryan
8.30-9.15am Bootcamp with Donovan, S1	9.15-10am Spin with Clare	*10.10-10.55am Spin with Ayesha
*9.15-10am Spin with Clare	9-10am Bootcamp & Stretch with Ryan	*11-11.45am Aqua with Ayesha
9.30-10.30am Body Pump with Gabrielle, S1	10.05-10.50am Body Pump with Ayesha, S1	12.05-12.50pm LBT with Ayesha, S1
10-10.30am TRX with Ryan, S2	11-11.45 Aqua with Ayesha	
*10.15-10.45am HIIT Spin with Clare		
*10.45-11.45am Pilates with Pamela, S1		
*6.45-7.30pm Circuits with Roy, S1		

FRIDAY 2nd	SATURDAY 3rd	SUNDAY 4th
7-7.45am Body Pump with Michelle, S1	7.45-8.45am Pilates with Jo-Ann, S1	7.45-8.45am Pilates with Lauren S1
8.15-9am Sculpt with Clare, S1	8.45-9.15am HIIT with Lucy, S2	*8.10-8.50am Hydro Spin with Ayesha
9-10am Bootcamp & Stretch with Roy	8.30-9.15am Aqua with Jan	9-10am Pilates with Lauren, S2
9-9.45am Aqua with Szilvia	9-9.45am Spin with Lauren	9-9.45am LBT with Ayesha, S1
9.15-10am Spin with Clare	9-9.55am Body Pump with Ayesha, S1	9.30-10am Bootcamp with Ricky
10-11am B2B Pilates with Charlotte, S1	9.20-9.50am HIIT with Lucy	*9.30-10.15am Spin with Amanda
11.15-12pm Body Blast with Charlotte, S1	10-10.45am Step with Lauren	10.15-11am Body Pump with Ayesha, S1
12.30-1.30pm Pilates with Charlotte, S1	11-11.45am Hyrox with Lucy	10.15-11.15am TBW with Lauren, S2
	*11-11.45am Spin with Ayesha	*10.30-11.15am Spin with Amanda
	*11am-12pm Pilates with Lauren, S2	11.30am-12pm TRX with Gym Staff, S2
	*11.30-12.30pm Body Balance with Jade, S1	*11:30am-12.30pm Pilates with Lauren S1
	*3-4.30pm Sivananda Yoga – Alison, S1	*1.45-2.45pm Reformer Pilates Lauren, S2 £
		*3-4pm Reformer Pilates Lauren, S2 £