

Fitness Class Timetable – Summer 2026 Monday 20th July – Sunday 6th September

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.

Please note there is an additional cost for Reformer Pilates. All sessions marked * are Low Impact.



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO
MONDAY	TUESDAY		WEDNESDAY
6.15-6.45am GRIT S1	6.15-6.45am GRIT S1		7-7.45am Sculpt S1
7-7.45am Body Pump S1	*6.30-7.15am Spin		8-9am Bootcamp & Stretch
7.55-8.40am Sculpt S1	7.15-8am Box Fit S2		8-9am FTP Spin
*8.50-9.50am FTP Spin	7.35-8.20am Sculpt S1		*9-10am Vinyasa Flow Yoga S1
*8.50-9.50am Yoga S2	8.30-9.15am Indoor Bootcamp S1		9-10am Bootcamp & Stretch
*9.30-10.30am B2B Pilates S1	*8.30-9.30am FTP Spin		10.05-10.50am Fitball S2
10-11am Hyrox	9.30-10.30am Body Pump S1		*10.15-11.15am Yin Yang Yoga S1
10.30-11.10am Fit Ball S2	*9.45-10.30am Aqua		11-11.45 Aqua
10.45-11.30am Abs Conditioning S1	10-10.30am TRX S2		11am-12pm Body Pump S2
11.20am-12pm Aqua HIIT	*10.45-11.45am Zumba S2		*11.30-12.30pm Pilates S1
* 11.30am-12.30pm Power Yoga S2	*10.45-11.45am Pilates S1		*12.15-1.15pm Body Balance S2
*11.45-12.45pm Forever Fit S1	*1-2pm Vinyasa Flow Yoga S1		*2-3pm Tai Chi TCA S1
*1-2pm Pilates S1	5.30-6.30pm BodyPump Heavy S1		*3-4pm Tai Chi Sun 73 S1
*2.15-3.15pm Reformer Pilates S2	*6.45-7.30pm Circuits S1		*6.30-7.15pm Spin
*3-4pm Tai Chi 24 Form S1			*6.30-7.30pm Pilates S1
*6.30-7.15pm Spin			
*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
7-7.45am Body Pump Heavy S1	8-9am Bootcamp & Stretch	*8.15-9am Aqua
*8-8.50am Hydro Circuits	8-8.45am Sculpt S1	*9- 9.45am Spin
*8.45-9.45am Intermediate Pilates S1	8.50-9.35am Sculpt S1	9.10-9.55am HIIT S2
9-9.45am Body Pump S2	9-10am Bootcamp & Stretch	9-9.55am Body Pump S1
10-11am Bootcamp & Stretch	*9.45-10.45am FTP Spin	10-10.45am LBT
*10-10.55am Vinyasa Yoga S2	*10-11am B2B Pilates S1	10-10.45am Step S1
*10-10.45am Spin	*11-11.50am Hydro Circuit	11am-12pm Hyrox
*10-10.50am Forever Fit S1	12.15-1.15pm Body Pump S2	*11-11.45am Spin
11am-12pm Zumba S2	*12.30-1.30pm Intermediate Pilates S1	*11am-12pm Pilates S2
*11am-12pm Advanced Pilates S1	*1:45-2.45pm Vinyasa Flow Yoga S1	*11am-12pm Body Balance S1
*11-11.45am Aqua		12.30-1.30pm Reformer Pilates S2
12.05-12.50pm LBT S2		*12.15-1.15pm Power Yoga S1
12.10-1.10pm Body Pump S1		*1.30-2.30pm BodyPump Heavy S1
*1.15-1.45pm Stretch S1		*3-4.30pm Sivananda Yoga S1
*5-6 & 6-7pm Reformer Pilates S2		
*6.30-7.15pm Spin		

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
*3-4pm Reformer Pilates S2

Fitness Class Descriptions

Advanced Pilates

Challenge your strength, precision, and control in a high-level session 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.

Cardio Blast

High Intensity Interval Training and core work to burn a large amount of calories in a short space of time.

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.

FTP Spin

FTP Spin classes use your Functional Threshold Power to create personalised power-based workouts tailored to your current fitness level. These classes are slightly longer to accommodate the use of the Keiser app as well as a warm up and cool down.

HIIT

Short bursts of interval training using intense anaerobic exercises to burn a large amount of calories in a limited 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

High-impact, combining 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 BODYPUMP HEAVY™

Tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns traditional weightlifting into a fun, social, and addictive experience.

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

