Fitness Class Timetable

From 9th November 2026

Studio One or Two | Outdoor Gym | Pool | Spin Studio | Low Impact ●

Monday	Tuesday	Wednesday
6.15-6.45am **GRIT** *Donovan* S1	6.15-6.45am **GRIT** *Donovan* S1	6.30-7.30am **Body Pump** *David* S1
7-7.45am **Body Pump** Ayesha S1	6.30-7.15am **Spin** *Ayesha* ●	7-7.45am **Sculpt** *Clare* S2
*7.45-8:45am **Pilates** *Susanne* S2	7.15-8am **Box Fit** *Donovan* S2	7.45-8.45am **Stretch Pilates** *Susanne* S1 ●
7.55-8.40am **Sculpt** *Clare* S1	7.15-8.00am **Sculpt** *Clare* S1	8-9am **Bootcamp and Stretch** *Ryan*
8.50-9.50am **FTP Spin** *Clare* ●	8.10-8.55am **Spin** *Clare* ●	8-9am **FTP Spin** *Clare*
8.50-9.50am **Yoga** *Pamela* S2 ●	8.30-9.15am **Bootcamp** *Donovan S1*	9-10am **Adult Swim Training** *Sue* ●
8.50-9.50am **B2B Pilates** *Susanne* S1 ●	9.05-9.55am **Spin HIIT** *Clare* ●	9-9.45am **Abs Conditioning** *Susanne* S2
9-10am **Adult Swim Training** *Maciej* ●	9.30-10.30am **Body Pump** *Gabrielle S1*	9-10am **Vinyasa Flow Yoga** *Michelle* S1 ●
9-10am **Hyrox** *Kacey*	10-10.30am **TRX** *Kyle* S2 ●	9-10am **Bootcamp and Stretch** *Ryan*
10-10.45am **LBT** *Susanne* S1	10-10:45am **Aqua** *Clare* ●	9.15-10am **Hydro Circuits** *Eliza*
10.30-11.15am **Fit Ball** *Ayesha* S2	10.45-11.45am **Zumba** *Anita* S2 ●	10.05-10.50am **Fitball** *Ayesha* S2
10.55-11.40am **Abs Conditioning** *Lauren* S1	10.45-11.45am **Pilates** *Pamela* S1 ●	10.15-11.15am **Yin Yang Yoga** *Aoife* S1 ●
11-11.40am **Aqua HIIT** *Susanne*	11-11.40am **Hydro Spin** *Susanne* ●	11-11.45 **Aqua** *Ayesha*
11.30am-12.30pm **Power Yoga** *Cat* S2 ●	12-12.30pm **Stretch** *Kyle* S1 ●	11am-12pm **Body Pump** *Susanna* S2
11.50-12.50pm **Forever Fit** *Lauren* S1 ●	1–2pm **Vinyasa Flow Yoga** *Daisy* S1 ●	11.30-12.30pm **Pilates** *Susanne* S1 ●
1-2pm **Pilates** *Lauren* S1 ●	1.30-2.30pm **Reformer Pilates £** *Susanne* S2 ●	12.15-1.15pm **Body Balance** *Susanna* S2 ●
2.15-3.15pm **Intermediate Reformer Pilates £** *Lauren* S2 ●	2.45-3.45pm **Reformer Pilates £** *Susanne* S2 ●	1-2pm **Beginner Adult Swim Class** *Maciej* ●
3-4pm **Tai Chi Sun 73** *Graham* S1 ●	5.30-6.30pm **Body Pump Heavy** *Gabrielle* S1	2-3pm **Tai Chi Yang 24 Form** *Graham* S1 ●
3.30-4.30pm **Reformer Pilates £** *Lauren* S2 ●	6.45-7.30pm **Circuits** *Roy* S2 ●	2-2:45pm **Forever Strong** *Nicole* S2 ●
6.30-7.15pm **Spin** *Alex* ●	7-8pm **Pilates** *Lana* S1 ●	3-4pm **Tai Chi TCA** *Graham* S1 ●
6.30-8pm **Sivananda Yoga** *Alison* S1 ●		3:30-4:15pm **Forever Strong** *Suzanne* S2 ●
*7-8pm **Adult Swim Training** *Maciej* ●		6.30-7.15pm **Spin** *Susanna* ●
7.30-8.15pm **HIIT** *Alex* S2		6.30-7.30pm **Pilates** *Charlotte* S1 ●

Thursday	Friday
6.15-6.45am **HIIT** *Ricky* S1	6.15-6.45am **Gym HIIT** *Kyle*
7-7.45am **Body Pump Heavy** *Gabrielle* S1	7-7.45am **Body Pump** *Michelle* S1
8.45-9.45am **Intermediate Pilates** *Charlotte* S1 ●	7.30-8.30am **Reformer Pilates £** Sophia S2 ●
9-10am **Adult Swim Training** *Peter* ●	8-9am **Bootcamp and Stretch** *Roy*
9-9.45am **Body Pump** *Ayesha* S2	8-8.45am **Sculpt** *Clare* S1
10-11am **Bootcamp and Stretch** *Nicole*	8.45-9.45am **Reformer Pilates £** *Sophia* S2 ●
10-10.55am **Vinyasa Yoga** *Pamela* S2 ●	8.50-9.35am **Sculpt** *Clare* S1
10-10.45am **Spin** *Ayesha* ●	9-10am **Bootcamp and Stretch** *Roy*
10-10.50am **Forever Fit** *Anita* S1 ●	9-9.45am **Aqua** *Susanne* ●
11am-12pm **Zumba** *Anita* S2	9.45-10.45am **FTP Spin** *Clare* ●
11am-12pm **Advanced Pilates** *Pamela* S1 ●	10-10.30am **TRX** *Gym Staff* S2
11-11.45am **Aqua** *Ayesha* ●	10-11am **B2B Pilates** *Susanne* S1 ●
12.05-12.50pm **LBT** *Ayesha* S2	11am-12pm **Body Balance** *Isabel* S2 ●
12.10-1.10pm **Body Pump** *Pamela* S1	11-11.50am **Hydro Circuit** *Ayesha* ●
1.15-1.45pm **Stretch** *Ryan* S1 ●	11.15am-12pm **Body Blast** *Susanne* S1
5-5:45pm **Online Pilates** *Susanne* ●	12.15-1.15pm **Body Pump** *Pamela* S2
5-6pm **Reformer Pilates £** *Daisy* S2 ●	12.30-1.30pm **Pilates** *Charlotte* S1 ●
6-7pm **Reformer Pilates £** *Daisy* S2 ●	1:45-2.45pm **Vinyasa Yoga** *Daisy* S1 ●
6.30-7.15pm **Spin** *Alex* ●	
6.30-7.30pm **Power Yoga** *Cat* S1 ●	

Saturday	Sunday
7.45-8.45am **Pilates** with *Jo-Ann* S1 ●	7.45-8.45am **Pilates** *Lauren* S1 ●
8.15-9am **Aqua** with *Clare* ●	8.10-8.50am **Hydro Spin** *Ayesha* ●
9- 9.45am **Spin** with *Lauren* ●	9-10am **Pilates** *Lauren* S2 ●
9-9.55am **Body Pump** with *Ayesha* S1	9-9.45am **LBT** *Ayesha* S1
9.10-9.55am **HIIT** with *Clare* S2	9.30-10am **Bootcamp** *Ricky*
10-10.45am **LBT** with *Ayesha*	9.30-10.15am **Spin** *Amanda/Charlotte* ●
10-10.45am **Step** with *Lauren* S1	10.15-11am **Body Pump** *Ayesha* S1
11am-12pm **Hyrox** with *Kacey*	10.15-11.15am **TBW** *Lauren* S2
11-11.45am **Spin** with *Ayesha* ●	10.30-11.15am **Spin** *Amanda/Charlotte* ●
11am-12pm **Pilates** with *Lauren* S2 ●	11.30am-12pm **TRX** *Gym Staff* S2
11am-12pm **Body Balance** with *Jade* S1 ●	11:30am-12.30pm **Pilates** *Lauren* S1 ●
12.15-1.15pm **Power Yoga** with *Michelle* S1 ●	1.45-2.45pm **Intermediate Reformer Pilates £** *Lauren* S2 ●
12.30-1.30pm **Reformer Pilates £** with *Lauren* S2 ●	3-4pm **Reformer Pilates £** *Lauren* S2 ●
1.30-2.30pm **Reformer Pilates £** with *Lauren* S2	
1.30-2.30pm **BodyPump Heavy** with *Ayesha* S1 ●	
3-4.30pm **Sivananda Yoga** with *Alison* S1 ●	

Teen classes

Tuesday 5–5.45pm **Strength and Conditioning** Nicole
Thursday 4:15–4.55pm **Yoga** Daisy
Saturday 9:10–9.50am **Bootcamp / Circuits**
Sunday 12.45–1.15pm **Spin** Lauren

Scan for timetable and class descriptions

Reformer Pilates incurs an additional cost

Book up to three days in advance – call 020 8480 4245 or book online via the Members' website at www.roehamptonclub.co.uk

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 and 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.

I/A Reformer Pilates
An intermediate / advanced Reformer Pilates class aimed at those who like a challenge or have been attending Reformer classes for some time.

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 interuption 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

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