

# Fitness Class Timetable

## Autumn 2020



Please book in advance – online via the Members' website or call Reception on 020 8480 4200.

Classes may be booked three days in advance.

Time changes w/c 21 September

Juliet's vinyasa flow yoga on a Wednesday TIME CHANGE now 9-10am

Amelias Zumba class on a Friday TIME CHANGE now 8.30-9am

STUDIO CLASS

OUTDOOR BOOTCAMP

ONLINE CLASS

IN THE POOL

### MONDAY

7 – 7.30am <b>Outdoor Bootcamp</b>
7 – 7.45am <b>Body Pump</b> with Blair
7.45 – 8.45am <b>Pilates</b> with Susanne
8.30 – 9am <b>HIIT</b> with Gym Staff
8.45 – 9.30am <b>HIIT and Core</b> with Roy
9 – 9.45am <b>Spin</b> with Tanysha
9.10 – 9.40am <b>Core</b> with Gym Staff
10 – 10.45am <b>LBT</b> with Susanne
10.30 – 11.30am <b>Ballet Fit</b> with Ayesha
11 – 11.30am <b>Beginner Spin</b> with Roy
11.15am – 12pm <b>Zumba</b> with Susanne
12.30 – 1.30pm <b>Body Pump</b> with Zuzanna
6.30 – 8pm <b>Sivananda Yoga</b> with Alison
6.45 – 7.30pm <b>Spin</b> with Phuriwat
7 – 8pm <b>Body Pump</b> with Mike

### TUESDAY

6.30 – 7.15am <b>Spin</b> with Tanysha
8.30 – 9.15am <b>HIIT and Core</b> with Clare
8.45 – 9.30am <b>Outdoor Bootcamp</b>
9 – 9.45am <b>HIIT and Core</b> with Roy
9.45 – 10.45am <b>Body Pump</b> with Ayoola
9.55 – 10.25am <b>Stretch</b> with Roy
10.30 – 11am <b>HIIT Spin</b> with Tanysha
11am – 12pm <b>Pilates</b> with Jocelyn
11.10 – 11.40am <b>Hydro</b> with Susanne
11.15am – 12.15pm <b>Body Balance</b> with Ayoola
6.30 – 7.15pm <b>Outdoor Bootcamp</b>
7 – 8pm <b>Pilates</b> with Lauren H
7.15 – 8pm <b>Spin</b> with Roy

### WEDNESDAY

7 – 7.45am <b>Body Pump</b> with Donal
7.30 – 8.30am <b>Stretch Pilates</b> with Susanne
9 – 10am <b>Vinyasa Flow Yoga</b> with Juliet
8.45 – 9.30am <b>Outdoor Bootcamp</b>
8.45 – 9.30am <b>Abs</b> with Susanne
9.15 – 10am <b>Spin</b> with Roy
10 – 11am <b>Aerotone</b> with Susanne
10 – 10.45am <b>Outdoor Bootcamp</b>
10.15 – 11.15am <b>Body Conditioning</b> with Ayesha
11.30am – 12.30pm <b>Pilates</b> with Susanne
12.30 – 1pm <b>Outdoor Bootcamp</b>
1 – 2pm <b>Body Pump</b> with Pamela
6 – 7pm <b>Sivananda Yoga</b> with Jocelyn
6.30 – 7.15pm <b>Outdoor Bootcamp</b>
7 – 8pm <b>Body Pump</b> with Mike

### THURSDAY

6.30 – 7.15am <b>Spin</b> with Donal
7 – 7.30am <b>Outdoor Bootcamp</b>
8.30 – 9.15am <b>Body Pump</b> with Ayesha
8.30 – 9.15am <b>HIIT and Core</b> with Roy
9.20 – 10.05am <b>Spin</b> with Ayesha
9.30 – 10.15am <b>Outdoor Bootcamp</b>
10.10 – 10.55am <b>Fitball</b> with Ayesha
11.30am – 12.15pm <b>LBT</b> with Ayesha
1 – 2pm <b>Yoga</b> with Pamela
7 – 8pm <b>Pilates</b> with Susanne

### FRIDAY

7 – 7.45am <b>Body Pump</b> with Donal
7 – 7.30am <b>Outdoor Bootcamp</b>
7 – 7.45am <b>HIIT and Core</b> with Roy
8.30 – 9.15am <b>HIIT and Core</b> with Claire
8.45 – 9.30am <b>Outdoor Bootcamp</b>
9.05 – 9.45am <b>Aqua</b> with Susanne
9.30 – 10am <b>Zumba</b> with Amelia
9.30 – 10.15am <b>Spin</b> with Clare
10 – 11am <b>Back to Basics Pilates</b> with Susanne
10 – 10.45am <b>LBT</b> with Roy
10 – 10.45am <b>Outdoor Bootcamp</b>
11.15am – 12pm <b>LBT</b> with Susanne
12.30 – 1.30pm <b>Pilates</b> with Susanne

### SATURDAY

7.45 – 8.45am <b>Pilates</b> with Jo-anne
9 – 10am <b>Pilates</b> with Susanne
9 – 9.45am <b>Spin</b> with Lauren
9 – 9.45am <b>Body Pump</b> with Ayesha
10 – 10.45am <b>LBT</b> with Ayesha
10 – 10.45am <b>Outdoor Bootcamp</b>
10.15 – 11am <b>Step</b> with Lauren
11 – 11.45am <b>Spin</b> with Ayesha
11.30am – 12.30pm <b>Body Balance</b> with Lauren

### SUNDAY

9 – 9.45am <b>LBT</b> with Ayesha
9 – 9.45am <b>Spin</b> with Ben
9 – 9.45am <b>Outdoor Bootcamp</b>
9.30 – 10am <b>HIIT</b> with Roy
10 – 11am <b>Pilates</b> with Jocelyn

10.10 – 10.40am <b>Core</b> with Roy
10.15 – 11am <b>Spin</b> with Ben
10.15 – 11am <b>Body Pump</b> with Ayesha
11.15am – 12.15pm <b>Pilates</b> with Ben
11.20am – 12.20pm <b>Gentle Hatha Yoga</b> with Jocelyn
12.45 – 1.45pm <b>Body Pump</b> with Mike



VIEW ON  
YOUR  
MOBILE

Scan  
the QR  
code to  
view the  
timetable  
on your  
mobile.