

EASTER WEEKEND TIMETABLE – from Friday 7th April



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.
All cancellations must be made 12 hours before the class.

STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	VIRTUAL
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FRIDAY 7 TH APRIL	SATURDAY 8 TH APRIL
8.30-9.15am HIIT and Core with Clare, S1	7.45-8.45am Pilates with Jo-Ann, S1
9-9.45am Bootcamp with Roy	8.30-9am GRIT Cardio with Blair, S2
9-9.45am Aqua with Maria	8.45-9.30am Aqua with Susan
9.30-10.15am Spin with Clare	9-9.45am Spin with Maria
10-10.30am TRX with Ryan, S2	9-9.45am Pump with Ayesha, S1
11am-12pm Body Balance with Marilia, S2	9.15-9.45am GRIT Strength with Blair, S2
11am-12pm Pilates with Pamela, S1	10-10.45am LBT with Ayesha, S1
11.10am-11.50am Hydro Spin with Ayesha	11-11.45am Spin with Ayesha
12.15-1.15pm Body Pump with Pamela, S1	11am-12pm Pilates with Charlotte, S2
1.45-2.45pm Vinyasa Flow Yoga with Andressa, S1	11.30am-12.30pm Body Balance with Jade, S1
6.30-7.15pm Virtual Spin	3-4.30pm Sivananda Yoga with Alison, S1

SUNDAY 9 TH APRIL	MONDAY 10 TH APRIL
8.10-8.50am Hydro Spin with Ayesha	8.45-9.45am Yoga with Pamela, S1
9-9.45 LBT with Ayesha, S1	8.50-9.50am Back to Basics Pilates with Lauren, S2
9.30-10am Bootcamp with Gym Staff	8.45-9.30am Spin with Clare
9.30-10.15am Spin with Charlotte	9.55-10.40am LBT with Lauren, S1
10.15-11am Pump with Ayesha, S1	10.30-11.15am Fit Ball with Ayesha, S2
10.15-11.15am TBW with Lauren, S2	10.45-11.45am Pilates with Lauren, S1
10.30-11.15am Spin with Charlotte	10.50-11.30am Aqua HIIT with Maria
11.30am-12.30pm Pilates with Lauren, S1	12-12.30pm Express Spin with Roy
	12-1pm Power Yoga with Zuzana, S2
	6.30-7.15pm Spin with Alex
	6.30-8pm Sivananda Yoga with Alison, S1

JUNIOR GYM CLASSES

Sports Stretch Saturday 1.30pm

Teen Spin Sunday 12:45pm

Please note we will be open 8am-8pm Friday 7th April and Monday 10th April.
Classes usually on outside of those hours will not take place.