

# Fitness Class Timetable – from 7<sup>th</sup> October 2024

Please book in advance – online via the Members’ website at [www.roehamptonclub.co.uk](http://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.

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



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	VIRTUAL SPIN
<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>
6.15-6.45am <b>GRIT</b> with Marilia, S1	6.15-6.45am <b>GRIT</b> with Donovan, S1	6.30-7.30am <b>Body Pump</b> with Eva, S1		
*6.30-7am <b>Virtual Spin</b>	*6.30-7.15am <b>Spin</b> with Ayesha	7.15-8am <b>Sculpt</b> with Clare, S2		
7-7.45am <b>Body Pump</b> with Marilia, S1	7.15-8am <b>Box Fit</b> with Donovan, S1	*7.45-8.45am <b>Stretch Pilates</b> Susanne, S1		
*7.45-8.45am <b>Pilates</b> with Susanne, S2	8.30-9.15am <b>HIIT and Core</b> with Clare, S2	8.00-8.50am <b>Hydro Circuit</b> with Lucy		
*8.15-9am <b>Spin</b> with Clare	8.30-9.15am <b>Bootcamp</b> with Donovan, S1	8.15-9am <b>Spin</b> with Clare		
*8.50-9.50am <b>Yoga</b> with Pamela, S2	*9.30-10.15am <b>Spin</b> with Clare	9-9.45am <b>Abs Conditioning</b> with Susanne, S2		
* 8.50-9.50am <b>Back to Basics Pilates</b> with Susanne S1	9.30–10.30am <b>Body Pump</b> – with Gabrielle, S1	*9-10am <b>Vinyasa Flow Yoga</b> Juliet, S1		
9.55-10.40am <b>LBT</b> with Susanne, S1	*9.45-10.30am <b>Aqua</b> with Anita	9-9.45 <b>Bootcamp</b> with Ryan		
10.30-11.15am <b>Fit Ball</b> with Ayesha, S2	10-10.30am <b>TRX</b> with Lucy, S2	*10.30-11.10am <b>Aqua</b> with Ayesha		
*10.45-11.30am <b>Step</b> with Lauren, S1	*10.30-11am <b>HIIT Spin</b> with Clare	11am-12pm <b>Body Pump</b> with Boryana, S2		
10.50-11.30am <b>Aqua HIIT</b> with Susanne	*10.45-11.45am <b>Zumba</b> with Anita, S2	*11.30-12.30pm <b>Pilates</b> with Susanne, S1		
*11.35-12.35pm <b>Forever Fit</b> with Lauren, S1	*10.45-11.45am <b>Pilates</b> with Pamela, S1	*12.15-1.15pm <b>Body Balance</b> with Boryana, S2		
* 12pm-1pm <b>Power Yoga</b> with Zuzana, S2	*11-11.40am <b>Hydro Spin</b> with Susanne	*1.30-2.30pm <b>Power Yoga</b> with Zuzana, S2		
*12-12.30 <b>Express Spin</b> with Roy	*12.15-12.45pm <b>Stretch</b> with Lucy, S1	*2-3pm <b>Tai Chi TCA</b> with Graham, S1		
*12.45-1.45pm <b>Pilates</b> with Lauren, S1	*1–2pm <b>Vinyasa Flow Yoga</b> with Daisy, S1	*3-4pm <b>Tai Chi 24 Form</b> with Graham, S1		
*2.15-3.15pm <b>Reformer Pilates</b> with Lauren, S2 £	*1.30-2.30pm <b>Reformer Pilates</b> with Susanne, S2 £	*6.30-7.30pm <b>Pilates</b> with Charlotte, S1		
*3-4pm <b>Tai Chi TCA</b> with Graham, S1	*2.45-3.45pm <b>Reformer Pilates</b> with Susanne, S2 £	*7-7.45pm <b>Virtual Spin</b>		
*3.30-4.30pm <b>Reformer Pilates Induction</b> with Lauren, S2 £	6.45-7.45pm <b>Body Pump</b> with Lana, S2			
*6.30-7.15pm <b>Spin</b> with Alex	*6.45-7.30pm <b>Spin</b> with Roy			
*6.30-8pm <b>Sivananda Yoga</b> with Alison, S1	*7-8pm <b>Pilates</b> with Lauren, S1			
7.30-8.15pm <b>HIIT</b> with Alex, S2				

THURSDAY	FRIDAY	SATURDAY
6.15-6.45am <b>Body Attack</b> with Marilia, S1	6.15-6.45am <b>HIIT</b> with Lucy, S1	*7.45-8.45am <b>Pilates</b> with Jo-Ann, S1
*6.30-7.15am <b>Virtual Spin</b>	7-7.45am <b>Body Pump</b> with Boryana, S1	8.30-9am <b>GRIT Cardio</b> with Craig, S2
*7-7.45am <b>Body Balance</b> with Marilia, S1	*7.30-8.30am <b>Reformer Pilates</b> Zuzana, S2 £	*8.45-9.30am <b>Aqua</b> with Susan
*7.30-8.30am <b>Reformer Pilates</b> with Lana, S2 £	8.15-9am <b>Sculpt</b> with Clare, S1	*9- 9.45am <b>Spin</b> with Lauren
8.10-8.55am <b>Body Pump</b> with Ayesha, S1	*8.45-9.45am <b>Reformer Pilates</b> with Zuzana, S2 £	9-9.55am <b>Body Pump</b> with Ayesha, S1
*8.45-9.45am <b>Intermediate Pilates</b> with Charlotte, S2	9-9.45am <b>Bootcamp</b> with Roy	9.15-9.45am <b>GRIT Strength</b> Craig, S2
9-9.45am <b>Fit Ball</b> with Ayesha, S1	*9-9.45am <b>Aqua</b> with Susanne	10-10.45am <b>LBT</b> with Ayesha
*10-10.55am <b>Vinyasa Yoga</b> Pamela, S2	*9.15-10am <b>Spin</b> with Clare	10-10.45am <b>Step</b> with Lauren, S1
*10-10.45am <b>Spin</b> with Ayesha	10-10.30am <b>TRX</b> with Lucy, S2	*11-11.45am <b>Spin</b> with Ayesha
*10-10.50am <b>Forever Fit</b> with Anita S1	*10-11am <b>Back to Basics Pilates</b> with Susanne S1	*11am-12pm <b>Pilates</b> with Zuzana, S2
10.30-11.15am <b>Bootcamp</b> , with Lucy	*11am-12pm <b>Body Balance</b> with Isabel, S2	*11.30-12.30pm <b>Body Balance</b> with Jade, S1
*11am-12pm <b>Advanced Pilates</b> Pamela, S1	*11-11.50am <b>Hydro Circuit</b> with Ayesha	*12.15-1.15pm <b>Power Yoga</b> with Zuzana, S2
*11-11.45am <b>Aqua</b> with Ayesha	11.15am-12pm <b>Body Blast</b> with Susanne, S1	*3-4.30pm <b>Sivananda Yoga</b> – Alison, S1
12.05-12.50pm <b>LBT</b> with Ayesha, S1	12.15-1.15pm <b>Body Pump</b> with Pamela, S2	<b>SUNDAY</b>
12.10-1.10pm <b>Body Pump</b> with Pamela, S2	*12.30-1.30pm <b>Pilates</b> with Zuzana, S1	*8.10-8.50am <b>Hydro Spin</b> with Ayesha
1-1.50pm <b>Hydro Circuit</b> with Ayesha	*1:45-2.45pm <b>Vinyasa Flow Yoga</b> with Daisy, S1	9-10am <b>Pilates</b> with Lauren, S2
*1-2pm <b>Parent &amp; Baby Yoga</b> with Alison, S1	*6.30-7.15pm <b>Virtual Spin</b>	9-9.45am <b>LBT</b> with Ayesha, S1
*1.30-2pm <b>Stretch</b> with Ryan S2	<b>JUNIOR GYM CLASSES</b> <b>Junior Strength and Conditioning</b>  Tuesday, Thursday 5pm Saturday 1:30pm <b>Teen Spin</b> Sunday 12:45pm	9.30-10am <b>Bootcamp</b> with Ricky
*5-5:45pm <b>Online Pilates</b> with Suanne		*9.30-10.15am <b>Spin</b> with Amanda / Charlotte
*6.30-7.15pm <b>Spin</b> with Alex		10.15-11am <b>Body Pump</b> with Ayesha, S1
7.30-8.15pm <b>HIIT</b> with Alex S1		10.15-11.15am <b>TBW</b> with Lauren, S2
		*10.30-11.15am <b>Spin</b> with Amanda/Charlotte
	*11:30am-12.30pm <b>Pilates</b> with Lauren S1	*1.45-2.45pm <b>Reformer Pilates</b> Lauren, S2 £
		*3-4pm <b>Reformer Pilates Induction</b> Lauren, S2 £

# Class Descriptions

## **Aerotone**

Combination of aerobic and conditioning exercises to provide an all-over-body workout.

## **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.

## **Fit Ball**

Total body conditioning using the swiss ball to sculpt and shape.

## **Forever Fit**

A low-impact dance class, combining traditional, fun moves to improve strength, balance and endurance.

## **HIIT**

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

## **HIIT and Core**

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

## **LBT**

An easy-to-follow, high-impact class which combines 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 music motivate you towards your 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 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**

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.

## **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.

## **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.

## **Tai Chi 24 Form**

A level up from Tai Chi TCA. It 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.

# Studio Etiquette

- All belongings should be left in changing room lockers, with no exceptions.
- Members may not join a class five minutes after it has begun. This is to ensure the safety and comfort of all class participants.
- 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.
- 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](mailto:healthclub@roehamptonclub.co.uk)

