

# Fitness Class Christmas Timetable – Monday 23<sup>rd</sup> December to Sunday 5<sup>th</sup> January

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 23<sup>rd</sup> December</b>		<b>TUESDAY 24<sup>th</sup></b>		<b>FRIDAY 27<sup>th</sup></b>
6.15-6.45am <b>GRIT</b> with Marilia, S1	8.30-9.15am <b>HIIT and Core</b> with Clare, S2		8.15-9am <b>Sculpt</b> with Clare, S1	
7-7.45am <b>Body Pump</b> with Marilia, S1	8.30-9.15am <b>Bootcamp</b> with Ryan, S1		9-9.45am <b>Bootcamp</b> with Sophia	
*8.15-9am <b>Spin</b> with Clare	*9.30-10.15am <b>Spin</b> with Clare		*9-9.45am <b>Aqua</b> with David	
*8.50-9.50am <b>Yoga</b> with Pamela, S2	9.30-10.30am <b>Body Pump</b> – with Gabrielle, S1		*9.15-10am <b>Spin</b> with Clare	
* 8.50-9.50am <b>Back to Basics Pilates</b> with Zuzana S1	*10.45-11.45am <b>Pilates</b> with Pamela, S1		*10-11am <b>Back to Basics Pilates</b> with Charlotte	
10.30-11.15am <b>Fit Ball</b> with Ayesha, S2			12.15-1.15pm <b>Body Pump</b> with Pamela, S2	
* 12pm-1pm <b>Power Yoga</b> with Zuzana, S2			*12.30-1.30pm <b>Pilates</b> with Charlotte, S1	
*12.45-1.45pm <b>Pilates</b> with Charlotte, S1				
*3-4pm <b>Tai Chi TCA</b> with Graham, S1				
*6.30-7.15pm <b>Spin</b> with Alex				
*6.30-8pm <b>Sivananda Yoga</b> with Alison, S1				
7.30-8.15pm <b>HIIT</b> with Alex, S2				

<b>SATURDAY 28<sup>th</sup></b>	<b>SUNDAY 29<sup>th</sup></b>	<b>MONDAY 30<sup>th</sup></b>
*7.45-8.45am <b>Pilates</b> with Jo-Ann, S1	9-10am <b>Pilates</b> with Sarah, S2	*8.15-9am <b>Spin</b> with Clare
*8.45-9.30am <b>Aqua</b> with Susan	9-9.45am <b>LBT</b> with Ayesha, S1	8.50-9.50am <b>Back to Basics Pilates</b> with Sarah, S1
9-9.55am <b>Body Pump</b> with Ayesha, S1	9.30-10am <b>Bootcamp</b> with Ricky	*8.50-9.50am <b>Yoga</b> with Pamela, S2
10-10.45am <b>LBT</b> with Ayesha	10.15-11am <b>Body Pump</b> with Ayesha, S1	10.30-11.15am <b>Fit Ball</b> with Ayesha, S2
*11-11.45am <b>Spin</b> with Ayesha	11.15am-12pm <b>Spin</b> with Ayesha	*12.45-1.45pm <b>Pilates</b> with Fiona, S1
*11.30-12.30pm <b>Body Balance</b> with Jade, S1		*3-4pm <b>Tai Chi TCA</b> with Graham, S1
*3-4.30pm <b>Sivananda Yoga</b> – Alison, S1		*6.30-7.15pm <b>Spin</b> with Alex
		*6.30-8pm <b>Sivananda Yoga</b> with Alison, S1

<b>TUESDAY 31<sup>st</sup></b>	<b>WEDNESDAY 1<sup>st</sup> January</b>	<b>THURSDAY 2<sup>nd</sup></b>
8.30-9.15am <b>HIIT and Core</b> with Clare, S2	10.30-11.15am <b>Aqua</b> with Ayesha	9-9.45am <b>Fit Ball</b> with Ayesha, S2
8.30-9.15am <b>Bootcamp</b> with Ryan, S1	10.30-11.15am <b>Spin</b> with David	*10-10.45am <b>Spin</b> with Ayesha
*9.30-10.15am <b>Spin</b> with Clare	10.30-11.15am <b>Bootcamp</b> with Ricky	*11am-12pm <b>Advanced Pilates</b> Pamela, S1
9.30-10.30am <b>Body Pump</b> – with Gabrielle, S1		*11-11.45am <b>Aqua</b> with Ayesha
*10.30-11am <b>HIIT Spin</b> with Clare		12.05-12.50pm <b>LBT</b> with Ayesha, S1
*10.45-11.45am <b>Pilates</b> with Pamela, S1		12.10-1.10pm <b>Body Pump</b> with Pamela, S2

<b>FRIDAY 3<sup>rd</sup></b>	<b>SATURDAY 4<sup>th</sup></b>	<b>SUNDAY 5<sup>th</sup></b>
8.15-9am <b>Sculpt</b> with Clare, S1	*7.45-8.45am <b>Pilates</b> with Jo-Ann, S1	*8.10-8.50am <b>Hydro Spin</b> with Ayesha
9-9.45am <b>Bootcamp</b> with Sophia	*8.45-9.30am <b>Aqua</b> with Susan	9-10am <b>Pilates</b> with Lauren, S2
*9-9.45am <b>Aqua</b> with David	*9- 9.45am <b>Spin</b> with Lauren	9-9.45am <b>LBT</b> with Ayesha, S1
*9.15-10am <b>Spin</b> with Clare	9-9.55am <b>Body Pump</b> with Ayesha, S1	9.30-10am <b>Bootcamp</b> with Ricky
*10-11am <b>Back to Basics Pilates</b> with Fiona S1	10-10.45am <b>LBT</b> with Ayesha	*9.30-10.15am <b>Spin</b> with Amanda
*11-11.50am <b>Hydro Circuit</b> with Ayesha	10-10.45am <b>Step</b> with Lauren, S1	10.15-11am <b>Body Pump</b> with Ayesha, S1
12.15-1.15pm <b>Body Pump</b> with Pamela, S2	*11-11.45am <b>Spin</b> with Ayesha	10.15-11.15am <b>TBW</b> with Lauren, S2
*1.45-2.45pm <b>Vinyasa Flow</b> with Daisy, S1	*11am-12pm <b>Pilates</b> with Lauren, S2	*10.30-11.15am <b>Spin</b> with Amanda
	*11.30-12.30pm <b>Body Balance</b> with Jade, S1	*11:30am-12.30pm <b>Pilates</b> with Lauren S1
	*3-4.30pm <b>Sivananda Yoga</b> – Alison, S1	*1.45-2.45pm <b>Reformer Pilates</b> Lauren, S2 £
		*3-4pm <b>Reformer Pilates Induction</b> Lauren, S2 £

## JUNIOR GYM CLASSES

Junior Strength and Conditioning

Tuesday, Thursday 5pm

Saturday 1:30pm

Teen Spin Sunday 12:45pm