

# Fitness Class Timetable – from 6<sup>th</sup> January 2025

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 GRIT with Marilia, S1	6.15-6.45am GRIT with Donovan, S1	6.30-7.30am Body Pump with David, S1	6.30-7.30am Body Pump with David, S1	6.30-7.30am Body Pump with David, S1
*6.30-7am Virtual Spin	*6.30-7.15am Spin with Ayesha	7.15-8am Sculpt with Clare, S2	7.15-8am Sculpt with Clare, S2	7.15-8am Sculpt with Clare, S2
7-7.45am Body Pump with Marilia, S1	7.15-8am Box Fit with Donovan, S1	*7.45-8.45am Stretch Pilates Susanne, S1	*7.45-8.45am Stretch Pilates Susanne, S1	*7.45-8.45am Stretch Pilates Susanne, S1
*7.45-8:45am Pilates with Susanne, S2	8.30-9.15am HIIT and Core with Clare, S2	8.00-8.50am Hydro Circuit with Lucy	8.00-8.50am Hydro Circuit with Lucy	8.00-8.50am Hydro Circuit with Lucy
*8.15-9am Spin with Clare	8.30-9.15am Bootcamp with Donovan, S1	8.15-9am Spin with Clare	8.15-9am Spin with Clare	8.15-9am Spin with Clare
*8.50-9.50am Yoga with Pamela, S2	*9.30-10.15am Spin with Clare	9-9.45am Abs Conditioning with Susanne, S2	9-9.45am Abs Conditioning with Susanne, S2	9-9.45am Abs Conditioning with Susanne, S2
* 8.50-9.50am Back to Basics Pilates with Susanne S1	9.30-10.30am Body Pump – with Gabrielle, S1	*9-10am Vinyasa Flow Yoga Juliet, S1	*9-10am Vinyasa Flow Yoga Juliet, S1	*9-10am Vinyasa Flow Yoga Juliet, S1
9.55-10.40am LBT with Susanne, S1	*9.45-10.30am Aqua with Anita	9-9.45 Bootcamp with Ryan	9-9.45 Bootcamp with Ryan	9-9.45 Bootcamp with Ryan
10-10.45am Bootcamp with Lucy	10-10.30am TRX with Lucy, S2	*10.30-11.10am Aqua with Ayesha	*10.30-11.10am Aqua with Ayesha	*10.30-11.10am Aqua with Ayesha
10.30-11.15am Fit Ball with Ayesha, S2	*10.30-11am HIIT Spin with Clare	*10.15-11.15am Yin Yang Yoga with Aoife S1	*10.15-11.15am Yin Yang Yoga with Aoife S1	*10.15-11.15am Yin Yang Yoga with Aoife S1
10.45-11.30am Abs Conditioning with Lauren S1	*10.45-11.45am Zumba with Anita, S2	11am-12pm Body Pump with Boryana, S2	11am-12pm Body Pump with Boryana, S2	11am-12pm Body Pump with Boryana, S2
10.50-11.30am Aqua HIIT with Susanne	*10.45-11.45am Pilates with Pamela, S1	*11.30-12.30pm Pilates with Susanne, S1	*11.30-12.30pm Pilates with Susanne, S1	*11.30-12.30pm Pilates with Susanne, S1
*11.35-12.35pm Forever Fit with Lauren, S1	*11-11.40am Hydro Spin with Susanne	*12.15-1.15pm Body Balance with Boryana, S2	*12.15-1.15pm Body Balance with Boryana, S2	*12.15-1.15pm Body Balance with Boryana, S2
* 12pm-1pm Power Yoga with Zuzana, S2	*12.15-12.45pm Stretch with Lucy, S1	*1.30-2.30pm Power Yoga with Zuzana, S2	*1.30-2.30pm Power Yoga with Zuzana, S2	*1.30-2.30pm Power Yoga with Zuzana, S2
*12.45-1.45pm Pilates with Lauren, S1	*1-2pm Vinyasa Flow Yoga with Daisy, S1	*2-3pm Tai Chi TCA with Graham, S1	*2-3pm Tai Chi TCA with Graham, S1	*2-3pm Tai Chi TCA with Graham, S1
*2.15-3.15pm Reformer Pilates with Lauren, S2 £	*1.30-2.30pm Reformer Pilates with Susanne, S2 £	*3-4pm Tai Chi Sun 73 with Graham, S1	*3-4pm Tai Chi Sun 73 with Graham, S1	*3-4pm Tai Chi Sun 73 with Graham, S1
*3-4pm Tai Chi 24 Form with Graham, S1	*2.45-3.45pm Reformer Pilates with Susanne, S2 £	*6.30-7.30pm Pilates with Charlotte, S1	*6.30-7.30pm Pilates with Charlotte, S1	*6.30-7.30pm Pilates with Charlotte, S1
*3.30-4.30pm Reformer Pilates with Lauren, S2 £	*6.45-7.30pm Spin with Roy, S2	*7-7.45pm Virtual Spin	*7-7.45pm Virtual Spin	*7-7.45pm Virtual Spin
*6.30-7.15pm Spin with Alex	*7-8pm Pilates with Lauren, S1			
*6.30-8pm Sivananda Yoga with Alison, S1				
7.30-8.15pm HIIT with Alex, S2				

THURSDAY	FRIDAY	SATURDAY
6.15-6.45am HIIT with Ricky, S1	6.15-6.45am Gym HIIT with Lucy	*7.45-8.45am Pilates with Jo-Ann, S1
*6.30-7.15am Virtual Spin	7-7.45am Body Pump with Boryana, S1	*8.45-9.30am Aqua with Susan
*8.45-9.45am Pilates with Charlotte, S1	*7.30-8.30am Reformer Pilates Zuzana, S2 £	9-9.45am HIIT Circuits with Gym Staff, S2
9-9.45am Bootcamp, with Sophia	8.15-9am Sculpt with Clare, S1	*9- 9.45am Spin with Lauren
9-9.45am Body Pump with Ayesha, S2	*8.45-9.45am Reformer Pilates with Zuzana, S2 £	9-9.55am Body Pump with Ayesha, S1
*10-10.55am Vinyasa Flow Yoga Pamela, S2	9-9.45am Bootcamp with Roy	10-10.45am LBT with Ayesha
*10-10.45am Spin with Ayesha	*9-9.45am Aqua with Susanne	10-10.45am Step with Lauren, S1
*10-10.50am Forever Fit with Anita S1	*9.15-10am Spin with Clare	*11-11.45am Spin with Ayesha
*11am-12pm Advanced Pilates Pamela, S1	10-10.30am TRX with Lucy, S2	*11am-12pm Pilates with Zuzana, S2
*11-11.45am Aqua with Ayesha	*10-11am Back to Basics Pilates with Susanne S1	*11.30-12.30pm Body Balance with Jade, S1
12.05-12.50pm LBT with Ayesha, S2	*11am-12pm Body Balance with Isabel, S2	*12.15-1.15pm Power Yoga with Zuzana, S2
12.10-1.10pm Body Pump with Pamela, S1	*11-11.50am Hydro Circuit with Ayesha	*3-4.30pm Sivananda Yoga – Alison, S1
1-1.50pm Hydro Circuit with Ayesha	11.15am-12pm Body Blast with Susanne, S1	
*1-2pm Parent & Baby Yoga with Alison, S2 (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of the month)	12.15-1.15pm Body Pump with Pamela, S2	<b>SUNDAY</b>
*1.15-1.45pm Stretch with Ryan S1	*12.30-1.30pm Pilates with Zuzana, S1	7.45-8.45am Pilates with Lauren S1
*5-5.45pm Online Pilates with Suanne	*1.45-2.45pm Vinyasa Flow Yoga with Daisy, S1	*8.10-8.50am Hydro Spin with Ayesha
*6.30-7.15pm Spin with Alex	*6.30-7.15pm Virtual Spin	9-10am Pilates with Lauren, S2

## JUNIOR GYM CLASSES Junior Strength and Conditioning

Tuesday, Thursday 5pm  
Saturday 1:30pm  
Teen Spin Sunday 12:45pm

9.30-10am Bootcamp with Ricky
*9.30-10.15am Spin with Amanda/Charlotte
10.15-11am Body Pump with Ayesha, S1
10.15-11.15am TBW with Lauren, S2
*10.30-11.15am Spin with Amanda/Charlotte
*11:30am-12.30pm Pilates with Lauren S1
*1.45-2.45pm Reformer Pilates Lauren, S2 £
*3-4pm Reformer Pilates 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)

