



THE LENSBRURY



NL_V10-01/2020

Group Exercise Timetable

Class participants must be aged 16+ unless otherwise stated, i.e. teenage and family classes.

Please remember to book on classes you would like to attend. To book please see Members' or Lockside Reception, alternatively you can book on the Lensbury app or online at **www.lensburyclub.com**

Monday

09:30 - 10:15	Aquadynamics	Vanessa
09:30 - 10:15	LAPZ	Charles

Tuesday

10:00 - 10:45	Water Fitness	Petra
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Wednesday

10:00 - 10:45	Water Fitness	Petra
14:00 - 14:45	Aquadynamics	Vanessa

Thursday

09:30 - 10:15	Water Fitness	Susan
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Friday

09:30 - 10:15	Aquadynamics	Vanessa
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Saturday

09:00 - 10:00	Boot Camp	Julia
10:00 - 11:30	Nordic Walking*	Dave



Monday

09:30 - 10:30	Reformer Pilates	Sarah AB
10:30 - 11:30	Reformer Pilates	Sarah AB
11:30 - 12:30	Beginners Reformer	Sarah AB

Tuesday

18:00 - 19:00	Beginners Pilates	Trish
19:00 - 20:00	Reformer Pilates	Trish

Wednesday

09:30 - 10:30	Reformer Pilates	Sarah AB
10:30 - 11:30	Reformer Pilates	Sarah AB
11:30 - 12:30	Beginners Reformer	Sarah AB

Friday

09:30 - 10:30	Reformer Pilates	Sarah AB
10:30 - 11:30	Reformer Pilates	Sarah AB
11:30 - 12:30	Beginners Pilates	Sarah AB
12:30 - 13:30	Reformer Pilates	Sarah AB

Sunday

10:00 - 11:00	Reformer Pilates	Trish
11:00 - 12:00	Reformer Pilates	Trish

**NOTE:**

Reformer Pilates classes are purchased in advance. A single class is £25 or a block of 5 classes are £100. Reformer Pilates 1:1 can be booked via the Fitness & Studio Manager, please email

nicola.pallai@lensbury.com

All Beginners mat pilates classes are included within your membership.

Monday

06:30 - 07:00	HIIT	Fitness Team
07:00 - 07:30	Core	Fitness Team
08:00 - 08:30	Movement & Mobility	Caroline
08:45 - 09:30	Body Combat	Caroline
09:30 - 10:30	Body Pump	Zoe
10:45 - 11:45	Cardio Tone	Jos
12:00 - 12:30	CORE (Les Mills)	Lisa
12:45 - 13:45	Gym Fit Club	Margaret
16:15 - 16:45	Junior Fitness	Junior Fitness Instructor
16:45 - 17:15		
18:00 - 18:30	HIIT	Fitness Team
18:45 - 19:45	Aerobics	Anne
20:00 - 21:00	Fight Camp	Charles

Tuesday

06:30 - 07:15	Bootcamp	Callum
07:30 - 08:00	HIIT	Fitness Team
08:00 - 08:45	Cardio Tone	Jos
08:45 - 09:30	Body Conditioning	Jos
09:30 - 10:30	Body Attack	Rachel
10:30 - 11:30	Zumba	Diego
11:45 - 12:45	Body Pump	Honor
13:00 - 13:30	Strong & Stretch	Amanda
17:00 - 17:30	Junior Fitness	Junior Fitness Instructor
17:30 - 18:00		
18:00 - 18:30	HIIT	Fitness Team
18:30 - 19:15	Ballet Fusion	Sarah MA
19:30 - 20:30	Body Pump	Lara

Wednesday

06:30 - 07:00	HIIT	Fitness Team
07:00 - 07:30	Core	Fitness Team
08:30 - 09:30	Hi Energy AM	Anne
09:30 - 10:30	LBT	Anne
10:45 - 11:45	Top to Toe	Anne
12:00 - 12:30	CORE (Les Mills)	Honor
12:30 - 13:00	Movement & Mobility	Fitness Team
13:00 - 14:00	Dance Motivation	Pauline
17:00 - 18:00	Mint Coaching (8-11 yrs)	*chargeable classes
18:00 - 19:00	Mint Coaching (11-16 yrs)	
19:00 - 20:00	Zumba	Perry
20:00 - 21:00	Fight Camp	Charles

Thursday

06:30 - 07:15	Body Pump	Kirsty
07:30 - 08:00	HIIT	Fitness Team
08:45 - 09:30	LBT	Michelle
09:30 - 10:30	Step	Jos
11:00 - 12:00	FitSteps	Perry
12:00 - 13:00	Body Combat	Honor
13:00 - 14:00	Flowetic	Emma
18:30 - 19:30	Body Pump	Christine
19:45 - 20:15	HIIT	Fitness Team

Friday

06:30 - 07:00	HIIT	Fitness Team
07:00 - 07:30	Core	Fitness Team
08:15 - 09:15	Cardio Tone	Jos
09:30 - 10:30	Body Pump	Jos
10:45 - 11:45	Body Attack	Rachel
12:00 - 13:00	FitSteps	Diego
13:00 - 14:00	Dance Motivation	Pauline
18:00 - 18:30	HIIT	Fitness Team

Saturday

08:00 - 08:45	Body Pump	Lyn
09:00 - 10:00	Zumba	Perry
10:00 - 11:00	Body Pump	Joanne
11:15 - 11:45	CORE (Les Mills)	Zoe
12:00 - 12:45	Junior Bootcamp (8-13yrs)	Charles
13:00 - 14:00	Body Pump	Nikki
14:15 - 14:45	Kettlebell Training	Fitness Team
18:00 - 18:30	HIIT	Fitness Team

Sunday

08:00 - 08:30	HIIT	Fitness Team
08:45 - 09:45	Body Pump	Joanne
10:00 - 10:45	Ski-Fit	Callum
11:00 - 12:00	Body Attack	Rachel
12:00 - 12:45	Family Ski-Fit (10+)	TBC
13:00 - 13:30	HIIT	Fitness Team
17:45 - 18:45	Freestyle Pump	Dan
18:45 - 19:45	Functional Playground	Dan



* Please feel free to use the studio in between classes.



Monday

07:45 - 08:45	Morning Flow	<i>Louisa</i>
09:00 - 10:00	Pilates	<i>Kirsty</i>
10:15 - 11:15	Body Balance	<i>Kate</i>
11:15 - 12:15	Pilates on the Ball	<i>Laureen</i>
12:30 - 13:30	Pilates	<i>Laureen</i>
13:45 - 15:15	Hatha Yoga	<i>Barbara</i>
17:00 - 18:00	Tai Chi	<i>Tove</i>
18:45 - 20:15	Hatha Yoga	<i>Garry</i>
20:15 - 21:15	Pilates	<i>Gill</i>

Wednesday

09:00 - 10:00	Pilates	<i>Vanessa</i>
10:15 - 11:15	Pilates	<i>Vanessa</i>
11:30 - 12:30	Health for Life	<i>Margaret</i>
12:45 - 13:45	Vinyasa Yoga	<i>Darren</i>
13:45 - 14:45	Body Balance	<i>Zoe</i>
15:00 - 16:00	Hatha Flow	<i>Edina</i>
17:00 - 17:45	Teen Yoga (11+)	<i>Louisa</i>
18:00 - 19:00	Body Balance	<i>Rachel</i>
19:00 - 20:00	Pilates	<i>Gill</i>
20:00 - 21:00	Pilates	<i>Gill</i>
21:00 - 22:00	Latin Ballroom	<i>Jeff</i>

Tuesday

07:30 - 08:30	Pilates	<i>Kate</i>
09:30 - 10:30	Ballet Barre	<i>Sarah MA</i>
10:30 - 12:00	Hatha Yoga	<i>Darren</i>
12:15 - 13:15	Pilates	<i>Vanessa</i>
13:30 - 14:15	Body Balance	<i>Zoe</i>
14:15 - 15:15	Power Vinyasa	<i>Alva</i>
15:30 - 16:30	Pilates	<i>Etienne</i>
18:00 - 19:00	Candlelit Yin Yang Yoga	<i>Michelle</i>
19:00 - 20:00	Back to Fitness	<i>Margaret</i>
20:00 - 21:00	Pilates	<i>Zoe</i>

Thursday

07:45 - 09:15	Sunrise Yoga	<i>Paola</i>
09:15 - 10:45	Hatha Yoga	<i>Alva</i>
11:00 - 12:30	Hatha Yoga	<i>Barbara</i>
12:30 - 13:30	Body Balance	<i>Sarah MA</i>
13:30 - 14:30	Meditation & Relax	<i>Barbara</i>
14:30 - 15:30	Pilates	<i>Gill</i>
16:15 - 17:15	Remedial Pilates	<i>Sarah M</i>
17:30 - 18:30	Remedial Pilates	<i>Sarah M</i>
18:45 - 19:45	Pilates	<i>Sarah M</i>
20:00 - 21:00	Body Balance	<i>Linda</i>

Friday

06:45 - 07:45	Hatha Flow	<i>Edina</i>
08:15 - 09:15	Pilates	<i>Zoe</i>
09:45 - 10:45	Athletic Pilates	<i>Lyn</i>
10:45 - 11:45	Pilates	<i>Lyn</i>
11:45 - 12:45	Ashtanga Yoga	<i>Stephen</i>
12:45 - 13:45	Pilates	<i>Kate</i>
13:45 - 14:45	Pilates	<i>Sarah AB</i>
16:45 - 17:30	Contemporary Dance (5-7 yrs)	<i>Sophia</i>
17:30 - 18:30	Contemporary Dance (8-13 yrs)	
18:30 - 19:30	Vinyasa Yoga	<i>Michelle</i>



Saturday

08:00 - 09:00	Pilates	<i>Etienne</i>
09:00 - 10:00	Body Balance	<i>Lisa</i>
10:00 - 11:00		
11:15 - 12:15	Modified Ashtanga	<i>Louisa</i>
12:15 - 13:15	Pilates	<i>Caroline C</i>
13:15 - 14:15	Vinyasa Yoga	<i>Caroline C</i>
14:15 - 15:15	Pilates	<i>Paola</i>
17:00 - 18:30	Mindful Yoga	<i>Edina</i>

Sunday

08:30 - 09:30	Pilates	<i>Zoe</i>
09:30 - 10:30	Pilates	<i>Gill</i>
10:45 - 12:15	Vinyasa Yoga	<i>Alva</i>
12:30 - 13:30	Ballet Barre	<i>Caroline G</i>
16:30 - 17:30	Body Balance	<i>Caroline G</i>
18:00 - 19:00	Hatha Yoga	<i>Linda</i>



Monday

10:45 - 11:30	Studio Cycling	<i>Lisa B</i>
13:30 - 14:15	Studio Cycling	<i>Petra</i>
18:45 - 19:30	Studio Cycling	<i>Patrick</i>
20:00 - 20:45	Studio Cycling	<i>Rachel</i>

Wednesday

07:00 - 07:45	Studio Cycling	<i>Carin</i>
09:30 - 10:15	Studio Cycling	<i>Lisa B</i>
18:00 - 18:45	Studio Cycling	<i>Carin</i>

Friday

09:30 - 10:15	Studio Cycling	<i>Susanna</i>
10:45 - 11:30	Studio Cycling	<i>Susanna</i>
18:00 - 18:45	Studio Cycling	<i>Carin</i>

Sunday

09:00 - 09:45	Studio Cycling	<i>Chris</i>
10:00 - 10:45	Studio Cycling	<i>Chris</i>
11:00 - 11:45	Studio Cycling	<i>Petra</i>
17:45 - 18:30	Studio Cycling	<i>Karen</i>

Tuesday

10:45 - 11:30	Studio Cycling	<i>Lisa B</i>
12:00 - 12:45	Studio Cycling	<i>Lisa B</i>
18:30 - 19:15	Studio Cycling	<i>Lara</i>

Thursday

11:00 - 11:45	Studio Cycling	<i>Patrick</i>
12:00 - 12:45	Studio Cycling	<i>Patrick</i>
18:00 - 18:45	Studio Cycling	<i>Rachel</i>
19:00 - 19:45	Studio Cycling	<i>Rachel</i>

Saturday

08:00 - 08:45	Studio Cycling	<i>Lara</i>
09:00 - 09:45	Studio Cycling	<i>Carin</i>
10:00 - 10:45	Coach by Colour	<i>Rachel</i>
11:00 - 11:45	Studio Cycling	<i>Rachel</i>

NOTE:

When the studio is not in use, please feel free to start your own virtual MyRide class.

Please ask at Lockside Reception if you need assistance.





NOTE: *Nordic Walking is held in Bushy Park, the meeting point for this class is the Pheasantry Cafe. Please contact Lockside Reception on 0208 614 6550 for more information.

Group Exercise Terms and Conditions

- All classes have to be booked in advance to avoid disappointment. Classes can be booked up to 9 days in advance. Classes can be booked on-line or via the Lensbury App or by calling Members' Reception 020 8614 6420 / 6468 or Lockside 020 8614 6550 (all from 8am)
- Please arrive on time for your class. Late arrivals may be refused admission at the discretion of the instructor if it is considered unsafe for you to join the class.
- Please remember to cancel any classes that you have booked and are subsequently unable to attend.
- Please bring water or other form of sports refreshment with you (no glass bottles). Please also bring a sweat towel.
- Please inform instructor of any injuries or illness which may affect your fitness.
- Please ask if you require any advice on suitable classes.
- Appropriate footwear must be worn at all times.
- We reserve the right to substitute instructors, cancel or move classes when necessary.

Group Exercise Attendance Traffic Light System



We monitor all of our classes using a Traffic Light System. Our Traffic Light System is a tool which is used to recognise, track and recover those classes that are low in capacity over a 12 week period.

How we monitor low capacity classes:

Green – Class ok at present

Amber – Class low in capacity

Red – Class may be coming off*

**(on the next publicised timetable if attendance does not improve, or receive action such as new time or instructor).*