

The Lensbury at Home



Virtual Class Schedule

Monday 4th January

Cardio Tone	Jos	09:30 – 10:15
Pilates	Lyn	11:00 – 11:45
Aerobics	Anne	18:30 – 19:15

Tuesday 5th January

Balance Flow	Zoe	09:00 - 09:45
Core	Zoe	10:00 – 10:30
Athletic Pilates	Lyn	18:00 – 18:45

Wednesday 6th January

Body Blast	Poppy	09:45 – 10:30
Vinyasa Yoga	Kate Mundie	12:00 – 12:45
Fight Camp	Hamid	18:30 – 19:15

Thursday 7th January

Konga	Emma	09:30 – 10:15
Pilates	Zoe	11:00 – 11:45
Ballet Fusion	Sarah MA	12:30 – 13:15

Friday 8th January

Zumba	Emma	10:00 – 10:45
Time to Move	Vanessa	11:30 – 12:15
Vinyasa Flow	Louisa	18:00 – 18:45

Saturday 9th January

Cardio Conditioning	Jos	09:30 – 10:15
Balance Flow	Lisa Hayler	11:00 – 11:45
Core	Lisa Hayler	12:00 – 12:45

Sunday 10th January

Pilates	Lyn	08:30 – 09:15
Boxing/HIIT	Poppy	10:00 – 10:45
Hatha Flow	Edina	11:00 – 11:45

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Virtual Class Schedule

Monday 11th January

Pilates	Kirsty	08:45 – 09:30
Dance Fitness	Nikki	10:30 – 11:15
Aerobics	Anne	18:30 – 19:15

Tuesday 12th January

Konga	Emma	09:30 – 10:15
Time to Move	Vanessa	11:30 – 12:15
Pilates	Zoe	18:30 – 19:15

Wednesday 13th January

Fitness Pilates	Poppy	09:30 – 10:15
Health for Life	Margaret	11:45 – 12:30
HIIT & Core	Julia	18:00 – 18:45

Thursday 14th January

Vinyasa Yoga	Alva	09:45 – 11:15
Cardio Tone	Jos	12:00 – 12:45
Dynamic Sculpt	Emma	17:30 – 18:15

Friday 15th January

Morning Flow	Louisa	09:00 – 09:45
Vinyasa Yoga	Sarah MA	11:30 – 12:15
Sound Bath	Alva	18:00 – 19:30

Saturday 16th January

Zumba	Emma	09:30 – 10:15
Balance Flow	Lisa Hayler	11:00 – 11:45
Core	Lisa Hayler	12:00 – 12:45

Sunday 17th January

Classical Meditation	Garry	09:00 – 09:45
Pilates	Caroline Cole	10:00 – 10:45
Hatha Yoga	Caroline Cole	11:00 – 11:45

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Monday 18th January

Ashtanga Yoga	Louisa	08:30 – 09:15
Body Conditioning	Jos	09:30 – 10:15
Hatha Yoga	Garry	18:45 – 20:15

Tuesday 19th January

Strength & Conditioning	Hamid	08:00 – 08:45
Pilates	Vanessa	11:30 – 12:15
Pilates	Kate Gerry	19:00 – 19:45

Wednesday 20th January

Attack/HIIT	Rachel	08:45 – 09:30
Vinyasa Yoga	Kate Mundie	10:30 – 11:15
Intervals	Julia	18:00 – 18:45

Thursday 21st January

Sunrise Yoga	Paola	07:45 – 09:15
Pilates	Paola	09:45 – 10:30
LBT	Anne	11:30 – 12:15

Friday 22nd January

Flowetic	Emma	09:30 – 10:30
Pilates	Lyn	10:45 – 11:30
Cardio Conditioning	Dan	18:45 – 19:30

Saturday 23rd January

Cardio Tone	Jos	09:30 – 10:15
Balance Flow	Lisa Hayler	11:00 – 11:45
Core (45)	Lisa Hayler	12:00 – 12:45

Sunday 24th January

Studio Cycling	Rachel	08:30 – 09:15
Complete Stretch	Rachel	10:00 – 10:45
Kettlebell/Dumbbell Workout	Poppy	11:15 – 12:00

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Virtual Class Schedule

Monday 25th January

Combat Blast	Honor	09:30 – 10:15
Core	Honor	10:30 – 11:00
Hatha Yoga	Garry	18:45 – 20:15

Tuesday 26th January

Core	Zoe	10:00 – 10:30
Zumba	Diego	11:30 – 12:08:15
Chi Kung / Tai Chi	Tove	14:30 – 15:15

Wednesday 27th January

Strength	Dan	09:30 – 10:15
Back to Fitness	Margaret	11:30 – 12:15
Athletic Pilates	Lyn	19:00 – 19:45

Thursday 28th January

Hatha Fusion	Kat	08:45 – 09:30
Pilates	Zoe	10:00 – 10:45
Complete Stretch	Rachel	18:30 – 19:15

Friday 29th January

Vinyasa Yoga	Kate	09:00 – 09:45
Zumba	Emma	11:00 – 11:45

Saturday 30th January

Attack/HIIT	Rachel	09:45 – 10:30
Balance Flow	Lisa Hayler	11:00 – 11:45
Core (45)	Lisa Hayler	12:00 – 12:45

Sunday 31st January

Functional Movement	Dan	09:00 – 09:45
Pilates	Kate Gerry	10:00 – 10:45

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