

The Lensbury at Home



Virtual Class Schedule

Monday 1st February

Power Yoga Flow	Louisa	08:00 – 08:45
Aerobics	Anne	18:30 – 19:15

Tuesday 2nd February

Body Pump (Live Stream Only)	Patrick	09:00 – 09:45
Zumba	Diego	11:15 – 12:00

Wednesday 3rd February

Barre	Paola	08:15 – 09:00
Pilates	Kirsty	09:30 – 10:15
Yin Yoga	Sarah MA	18:00 – 18:45

Thursday 4th February

Pilates	Kate Gerry	08:00 – 08:45
Vinyasa Yoga Practise (90 minutes)	Alva	09:30 – 11:00

Friday 5th February

Konga Box	Emma	08:30 – 09:15
Core	Emma	09:30 – 10:00

Saturday 6th February

Body Pump (Live Stream Only)	Nikki	09:30 – 10:15
Balance Flow	Lisa H	11:00 – 11:45
Core (45)	Lisa H	12:00 – 12:45

Sunday 7th February

Pilates	Gill	09:00 – 09:45
Vinyasa / Hatha Fusion	Kat	10:00 – 10:45

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Virtual Class Schedule

Monday 8th February

LBT	Anne	08:00 – 08:30
Vinyasa Flow	Michelle	09:30 – 10:15

Tuesday 9th February

Body Pump (Live Stream Only)	Patrick	09:00 – 09:45
Zumba	Diego	11:30 – 12:15

Wednesday 10th February

Attack / HIIT	Rachel	08:15 – 09:00
Sun Salutations	Louisa	09:15 – 10:00
Pilates	Vanessa	11:30 – 12:15

Thursday 11th February

Vinyasa Flow (90 minutes practise)	Darren	08:00 – 09:30
Cardio Tone	Jos	09:45 – 10:30

Friday 12th February

Body Pump (Live Stream Only)	Nikki	08:30 – 09:15
Pilates	Paola	09:30 – 10:15

Saturday 13th February

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

Sunday 14th February

Strength & Conditioning	Hamid	09:00 – 09:45
Complete Stretch	Rachel	10:00 – 10:45

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Virtual Class Schedule

Monday 15th February

Power Up	Julia	08:00 – 08:45
Aerobics	Anne	18:30 – 19:15

Tuesday 16th February

Body Pump (Live Stream Only)	Patrick	09:00 – 09:45
Zumba	Diego	11:30 – 12:15

Wednesday 17th February

Pilates	Kate Gerry	08:45 – 09:30
Vinyasa Flow	Alva	12:00 – 13:30

Thursday 18th February

Attack / HIIT	Rachel	08:45 – 09:30
Pilates Mobility	Lyn	10:00 – 10:45

Friday 19th February

Cardio Conditioning	Jos	08:15 – 09:00
Pilates HIIT	Chris K	09:30 – 10:00

Saturday 20th February

Body Pump (Live Stream Only)	Nikki	09:30 – 10:15
Balance Flow	Lisa H	11:00 – 11:45
Core (45)	Lisa H	12:00 – 12:45

Sunday 21st February

Yoga Breathing Exercise	Louisa	08:00 – 08:15
Morning Flow	Louisa	08:30 – 09:15
HIIT	Lara	09:30 – 10:00

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Virtual Class Schedule

Monday 22nd February

Pilates	Zoe	08:45 – 09:30
Core HIIT (30 minutes)	Lara	09:45 – 10:15
Complete Stretch	Rachel	18:00 – 18:45

Tuesday 23rd February

Body Pump (Live Stream Only)	Patrick	09:00 – 09:45
Zumba	Diego	11:30 – 12:15

Wednesday 24th February

Ashtanga Yoga	Stephen	08:30 – 09:15
A Time to Move	Vanessa	11:30 – 12:15
Evening Yin Yoga	Michelle	18:00 – 18:45

Thursday 25th February

Fight Camp	Hamid	07:45 – 08:30
Chi Kung / Tai Chi	Tove	13:30 – 14:15

Friday 26th February

Body Pump (Live Stream only)	Nikki	08:30 – 09:15
Pilates	Kirsty	09:30 – 10:15

Saturday 27th February

Latin Inspired Dance Fitness	Nikki	09:30 – 10:15
Balance Flow	Lisa H	11:00 – 11:45
Core (45 minutes)	Lisa H	12:00 – 12:45

Sunday 28th February

Vinyasa Flow	Darren	08:30 – 10:00
Pilates	Lyn	10:15 – 11:00

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