



Holistic Class Schedule

THE LENSBURY

Monday			Friday		
Pilates	Kirsty	08:45 – 09:30	Pilates	Zoe	08:45 – 09:30
Pilates	Zoe	09:45 – 10:40	Athletic Pilates	Lyn	09:45 – 10:30
BODYBALANCE	Kate G	10:45 – 11:30	BODYBALANCE	Lyn	10:45 – 11:40
Pilates	Kate G	11:45 – 12:40	Ashtanga Yoga	Cheryl	11:45 – 12:30
Ballet Barre	Albane	12:45 – 13:40	Pilates	Kate G	12:45 – 13:40
Hatha Yoga	Barbara	13:45 – 14:40	Beginners Pilates	Kate G	13:45 – 14:30
Tai - Chi	Tove	17:00 – 17:55	Young Yogi's (7 – 13yrs)	Cheryl	16:45 – 17:30
Hatha Yoga	Garry	18:15 – 19:45	Candlelit Yin Yoga	Albane	18:00 – 18:55
Pilates	Gill	20:00 – 20:45	Saturday		
Tuesday			Pilates	Gill	08:30 – 09:25
Pilates	Kate G	07:45 – 08:30	BODYBALANCE	Lisa H	09:30 – 10:25
BODYBALANCE	Zoe	08:45 – 09:40	BODYBALANCE	Lisa H	10:30 – 11:25
Vinyasa Yoga	Sarah MA	09:45 – 10:30	Ashtanga Yoga	Cheryl	11:30 – 12:25
Vinyasa Fusion	Darren	10:45 – 12:15	Pilates	Paola	12:30 – 13:25
Pilates	Vanessa	12:30 – 13:25	Mindful Yoga	Edina	14:45 – 15:40
BODYBALANCE	Rachel	13:45 – 14:40	Sunday		
Back to Fitness	Margaret	16:45 – 17:30	Pilates	Zoe	08:45 – 09:30
Beginners Pilates	Gill	17:45 – 18:30	Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Cassandra	18:45 – 19:40	Vinyasa Yoga	Lyndsay	10:45 – 12:15
Pilates	Zoe	19:45 – 20:30	Ballet Barre	Caroline G	12:30 – 13:15
Wednesday			BODYBALANCE	Caroline G	16:45 – 17:40
Yogalates	Zoe	08:45 – 09:40	Hatha Yoga	Linda	18:45 – 19:30
BODYBALANCE	Zoe	09:45 – 10:30			
Pilates	Vanessa	10:45 – 11:40			
Health for Life	Margaret	11:45 – 12:40			
Dunamic Yoga	Kate Mundie	12:45 – 13:40			
Latin Music and Dance	Albane	16:45 – 17:30			
BODYBALANCE	Rachel	17:45 – 18:40			
Pilates	Gill	18:45 – 19:40			
Thursday					
Hatha Yoga	Louisa	09:45 – 11:15			
Pilates	Lyn	11:30 – 12:25			
BODYBALANCE	Sarah MA	12:30 – 13:15			
Meditation & Relax	Barbara	13:45 – 14:40			
Pilates	Gill	14:45 – 15:30			
Restorative Pilates	Sarah M	17:30 – 18:25			
Pilates	Sarah M	18:45 – 19:40			

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Hi-Energy Class Schedule

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Monday

Functional Blast	Lisa H	06:30 – 07:15
BODYCOMBAT	Ruby	08:30 – 09:15
LAPZ (Outdoors)	Fitness Team	09:15 – 10:00
BODYPUMP	Sarah MA	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Cardio Tone	Jos	11:30 – 12:25
BODYBALANCE	Lyn	12:45 – 13:40
BODYPUMP	Honor	13:45 – 14:30
Aerobics	TBC	18:30 – 19:15

Tuesday

Functional Blast	Lisa H	06:30 – 07:15
BODYPUMP (NEW)	Jos	08:30 – 09:25
Body Conditioning	Jos	09:30 – 10:15
BODYATTACK	Rachel	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Mandy	12:30 – 13:25
CORE (Les Mills)	Joanne	18:30 – 19:00
BODYPUMP	Joanne	19:15 – 20:10

Wednesday

Functional Blast	Patrick	06:30 – 07:15
Hi Energy	Mariya	08:30 – 09:15
BODYPUMP	Lyn	09:30 – 10:15
LBT	Mariya	10:30 – 11:25
Top to Toe	Mariya	11:30 – 12:15
CORE (Les Mills)	Lisa H	12:30 – 13:00
Dance Motivation	Pauline	13:15 – 14:00
BODYPUMP	Patrick	14:30 – 15:15
Zumba	Tania	18:30 – 19:15
BODYPUMP (NEW)	Hamid	19:45 – 20:30

Thursday

BODYPUMP	Kirsty	06:30 – 07:15
Functional Blast	Fitness Team	07:30 – 08:15
Body Conditioning	Jos	08:30 – 09:15
Step	Jos	09:30 – 10:25
BODYCOMBAT	Honor	10:30 – 11:25
Zumba	Emma	11:30 – 12:25
Dynamic Sculpt	Emma	12:30 – 13:15
BODYPUMP	Christine	18:30 – 19:25

Friday

Functional Blast	Patrick	06:30 – 07:15
Cardio Tone	Jos	08:30 – 09:15
BODYPUMP	Jos	09:30 – 10:25
BODYATTACK	Rachel	10:30 – 11:25
Dance Motivation	Pauline	12:30 – 13:25

Saturday

BODYPUMP	Lyn	07:30 – 08:15
BODYPUMP	Lara	08:35 – 09:20
Outdoor Bootcamp	Julia	09:00 – 10:00
Zumba	Emma	09:30 – 10:15
BODYPUMP	Joanne	10:30 – 11:25
CORE (Les Mills)	Lisa H	11:45 – 12:30

Sunday

Functional Blast	Fitness Team	08:00 – 08:45
BODYPUMP	Joanne	09:15 – 10:10
BODYATTACK	Rachel	10:30 – 11:25
Freestyle Pump (TIME CHANGE)	Dan	17:45 – 18:30
Movement & Mobility (TIME CHANGE)	Dan	18:45 – 19:30

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Cycle Studio Class Schedule

Monday			Friday		
Studio Cycling	Sarah MA	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Hazel	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Julie	18:45 – 19:30	Saturday		
Tuesday			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Susanna	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Susanna	11:45 – 12:30	Studio Cycling	Rachel	09:45 - 10:30
Studio Cycling (TIME CHANGE)	Lara	18:30 – 19:15	Studio Cycling	Rachel	10:45 – 11:30
Wednesday			Sunday		
Studio Cycling	Petra	06:45 – 07:30	Studio Cycling	Sarah MA	08:45 – 09:30
Studio Cycling	Elsa	09:45 – 10:30	Studio Cycling	Sarah MA	09:45 – 10:30
Studio Cycling	Hamid	18:45 – 19:30			
Thursday					
Studio Cycling	Patrick	09:45 – 10:30			
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Rachel	17:45 – 18:30			
Studio Cycling	Rachel	18:45 – 19:30			



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Aqua Class Schedule

Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gabor	10:00 – 11:00
Wednesday		
Aqua	Petra	10:00 – 11:00
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Deimante	10:00 – 10:45
Aqua	Deimante	11:00 – 11:45

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Fitness at The Lensbury

Junior Class Schedule

Monday

Kore Kids Football (6 – 8 year olds)	Fitness Team	16:45 – 17:15
Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45
Teen Strength (13+)	Fitness Team	18:00 – 18:30

Tuesday

Sports & Games (4 – 6 years olds)	Junior Activities Team	16:10 – 16:50 (Term time only)
Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13 +)	Fitness Team	18:00 – 18:30

Wednesday

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

Thursday

Football(4 – 6 years olds)	Junior Activities Team	16:10 – 16:50 Term time only)
Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

Friday

Junior Dodgeball (4 – 6 years old)	Junior Activities Team	16:10 – 16:50 Term time only)
Kore Kids Football (6 – 8 year olds)	Fitness Team	16:30 – 17:00
Young Yogi's (7– 13 year olds)	Michelle Hart	16:45 – 17:30 (Term time only)
Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45
Teen Strength (13+)	Fitness Team	18:00 – 18:30

Saturday

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13 +)	Fitness Team	18:00 – 18:30

Sunday

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13 +)	Fitness Team	18:00 – 18:30

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REFORM Studio Reformer Pilates Schedule

Monday			Friday		
Reformer Pilates	Felicity	07:45 – 08:30	Beginner Reformer Pilates	Felicity	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 13:30	Reformer Pilates	Gill	12:00 – 12:45
Beginner Reformer Pilates	Gill	19:00 – 19:45	Saturday		
Tuesday			Reformer Pilates (NEW)	Zoe	12:00 – 12:45
Beginner Reformer Pilates	Zoe	07:45 – 08:30	Beginner Reformer Pilates (NEW)	Zoe	07:45 – 08:30
Reformer Pilates	Vicky	08:45 – 09:30	Sunday		
Beginner Reformer Pilates	Vicky	09:45 – 10:30	Beginner Reformer Pilates	Felicity	10:00 – 10:45
Beginner Reformer Pilates	Vicky	12:00 – 12:45	Reformer Pilates	Felicity	11:00 – 11:45
Wednesday					
Reformer Pilates (TIME CHANGE)	Zoe	11:00 – 11:45			
Reformer Pilates	Vicky	12:00 – 12:45			
Beginner Reformer Pilates	Vicky	13:00 – 13:45			
Beginner Reformer Pilates	Vicky	17:45 – 18:30			
Reformer Pilates	Gill	20:00 – 20:45			
Thursday					
Reformer Pilates	Kate G	07:45 – 08:30			

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To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer session prior to attending your first beginner reformer class.



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