



THE LENSBRURY

Holistic Christmas Class Schedule 22nd – 28th December 2025

Monday 22nd			Friday 26 th (Boxing Day) no classes		
Pilates	Gill	08:45 – 09:30	Saturday 27th		
Pilates	Gill	09:45 – 10:40	Pilates	Gill	08:30 – 09:25
BODYBALANCE	Kate G	10:45 – 11:30	Body Balance	Lisa H	09:30 – 10:25
Pilates	Kate G	11:45 – 12:40	Body Balance	Lisa H	10:30 – 11:25
Ballet Beats	Joanne	12:45 – 13:40	Ashtanga Yoga	Cheryl	11:30 – 12:25
Hatha Yoga	Barbara	13:45 – 14:40	Sunday 28th		
Strong and Stretch	Amanda	15:00 – 15:30	Pilates	Felicity	08:45 – 09:30
Tai Chi	Tove	17:00 – 17:55	Pilates	Gill	09:45 – 10:40
Hatha Yoga	Cheryl	18:15 – 19:45	Vinyasa	Lyndsay	10:45 – 12:15
Pilates	Gill	20:00 – 20:45	Body Balance	Caroline G	17:30 – 18:25
Tuesday 23rd			Hatha Yoga	Linda	18:45 – 19:30
Pilates	Kate G	07:45 – 08:30			
Body Balance	Zoe	08:45 – 09:40			
Ashtanga Yoga	Cheryl	09:45 – 10:30			
Hatha Yoga	Cheryl	10:45 - 11:40			
Pilates	Vanessa	12:30 – 13:25			
Body Balance	Lisa H	13:45 – 14:40			
Beginners Pilates	Samantha	17:40 – 18:25			
Vinyasa Yoga	Michaela	18:45 – 19:40			
Pilates	Patrice	19:45 – 20:30			
Wednesday 24th (Christmas Eve)					
Yogalates	Samantha	08:45 – 09:40			
Body Balance	Martine	09:45 – 10:30			
Pilates	Samantha	10:45 – 11:40			
Health for Life	Amanda	11:45 – 12:40			
Thursday 25 th (Christmas Day) No classes					

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App. You can also view and take part in our The Lensbury at Home workouts on-demand from the comfort of your own home.

Please ensure you bring water with you to your class.





THE LENSURY

Hi-Energy Class Schedule 22nd – 28th December 2025

Monday 22nd			Friday 26 th (Boxing Day)		
Functional Blast	Kyle	06:30 – 07:15	Konga	Emma	08:40 – 09:25
BoxFit	Kyle	08:15 – 09:00	Freestyle Pump	Kyle	09:30 – 10:25
BODYPUMP	Julia	09:30 – 10:25	Body Conditioning	Anderea	10:30 – 11:25
CORE (Les Mills)	Lisa H	10:45 – 11:15	Dance Fitness	Emma	12:30 – 13:25
Cardio Tone	Jos	11:30 – 12:25	Saturday 27th		
Body Balance	Lyn	12:45 – 13:40	BODYPUMP	Lara	08:35 – 09:20
Freestyle Pump	Kyle	13:45 – 14:30	Outdoor Bootcamp	Anderea	09:00 – 10:00
Dance Fitness	Mark	18:30 – 19:15	Dance Fitness	Jo	09:30 – 10:15
Tuesday 23rd			Freestyle Pump	Kyle	10:30 – 11:25
Functional Blast	Anderea	06:30 – 07:15	CORE (Les Mills)	Lisa H	11:45 – 12:30
Body Pump	Lisa H	08:30 – 09:25	Sunday 28th		
Body Conditioning	Julia	09:30 – 10:25	Body Pump	Lara	09:15 – 10:00
HIIT	Mark	10:30 – 11:25	HIIT Strength	Clare C	10:30 – 11:25
Zumba	Tania	11:30 – 12:25	Freestyle Pump	Kyle	17:45 – 18:30
Body Pump	Christine	12:40 – 13:35	<p>Join us for your favourite class led by our team of experienced instructors.</p> <p>Book your place and find our latest timetable using The Lensbury Club App. You can also view and take part in our The Lensbury at Home workouts on-demand from the comfort of your own home.</p> <p>Please ensure you bring water with you to your class.</p>		
Core Blast	Kyle	18:30 – 19:00			
Freestyle Pump	Kyle	19:15 – 20:10			
Wednesday 24th (Christmas Eve)					
Functional Blast	Anderea	08:30 – 09:15	 THE LENSURY		
Body Pump	Christine	09:30 – 10:15			
Body Conditioning	Anderea	10:30 – 11:15			
Core Blast	Kyle	12:30 – 13:00			
Thursday 25 th (Christmas Day) No classes			 		



Cycle Christmas Class Schedule 22nd – 28th December 2025

Monday 22nd			Friday 26 th (Boxing Day))		
Studio Cycling	Uvie	10:45 – 11:30	Studio Cycling	Sarah	09:30 – 10:15
Studio Cycling	Uvie	12:45 – 13:30	Studio Cycling	Sarah	10:30 – 11:15
Studio Cycling	Claire	18:45 – 19:30	Saturday 27th		
Tuesday 23rd			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Karen	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Karen	11:45 – 12:30	Sunday 28th		
Studio Cycling	Lara	18:30 – 19:15	Studio Cycling	Sarah	08:45 – 09:30
Wednesday 24th (Christmas Eve)			Studio Cycling	Sarah	09:45 – 10:30
Studio Cycling	Karen	09:45 – 10:30			
Thursday 25 th (Christmas Day) No classes					



Aqua Christmas Class Schedule 22nd – 28th December 2024

Monday 22nd		
Aqua	Vanessa	10:00 – 10:55
Tuesday 23rd		
Aqua	Amanda	11:00 – 11:55
Wednesday 24th (Christmas Eve)		
Aqua	Clare C	11:00 – 11:55
Thursday 25 th (Christmas Day) No classes		
Friday 26 th (Boxing Day) No classes		

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Reformer Christmas Class Schedule 22nd – 28th December 2025

**Members are limited to 2 complimentary classes per week.*

Monday 22nd

Reformer Pilates	Felicity	07:45 – 08:30
Reformer Pilates	Felicity	08:45 – 09:30
Reformer Pilates	Gill	19:00 – 19:45

Tuesday 23rd

Reformer Pilates	Zoe	07:45 – 08:30
Reformer Pilates	Kate	08:45 – 09:30
Reformer Pilates	Vicky	09:45 – 10:30
Reformer	Kate G	12:00 – 12:45

Wednesday 24th (Christmas Eve) No classes

Thursday 25th (Christmas Day) No classes

Friday 26th (Boxing Day) No classes

Saturday 27th

Reformer Pilates	Gill	09:30 – 10:15
Beginner Reformer Pilates	Gill	10:30 – 11:15

Sunday 28th

Reformer Pilates	Felicity	10:00 – 10:45
Reformer Pilates	Felicity	11:00 – 11:45

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App.

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.

Reformer (Fee applies) Christmas Class Schedule 22nd – 28th December 2024

**These sessions require a voucher. Vouchers can be purchased at members reception for £10 and sessions can be booked up to 1-month in advance. There is no restriction in the number of bookings. If you are new to reformer, please purchase an Intro to reformer one-to-one voucher prior to participating in any beginner sessions. Ask reception for more details.*

Monday 22nd

Reformer Pilates	Kate	12:45 – 13:45
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Tuesday 23rd

Reformer Pilates	Zoe	10:45 – 11:45
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Wednesday 24th (Christmas Eve)

Reformer Pilates	Gill	08:45 – 09:45
Reformer Pilates	Gill	09:45 – 10:45

Thursday 25th (Christmas Day) No classes

Friday 26th (Boxing Day)

Saturday 27th

Reformer Pilates	Gill	11:30 – 12:30
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Sunday 28th

Reformer Pilates	Felicity	12:00 – 13:00
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THE LENSBRURY

Holistic Christmas Class Schedule 29^h December – 4th January 2025

Monday 29th

Ashtanga Yoga	Cheryl	10:45 – 11:30
Yin Yoga	Cheryl	11:45 – 12:40
Ballet Beats	Joanne	12:45 – 13:40
Hatha Yoga	Barbara	13:45 – 14:40
Tai Chi	Tove	17:00 – 17:55
Hatha Yoga	Garry	18:15 – 19:45

Tuesday 30th

BODYBALANCE	Zoe	08:45 – 09:40
Vinyasa Yoga	Michaela	09:45 – 11:40
Vinyasa Fusion	Michaela	10:45 – 12:15
Pilates	Vanessa	12:30 – 13:25
BODY BALANCE	Lisa	13:45 – 14:40
Vinyasa Yoga	Michaela	18:45 – 19:40

Wednesday (New Year's Eve) 31st

Yogalates	Zoe	08:45 – 09:40
BODYBALANCE	Martine	09:45 – 10:40
Pilates	Vanessa	10:45 – 11:40
Health For Life	Amanda	11:45 – 12:40

Thursday (New Years Day) 1st

Hatha Yoga	Cheryl	09:45 – 11:15
Meditation & Relax	Barbara	13:45 – 14:40

Friday 2nd

Pilates	Zoe	08:30 – 09:15
Ashtanga Yoga	Cheryl	11:45 – 12:30
Pilates	Kate G	12:45 – 13:40
Beginners Pilates	Kate G	13:45 – 14:30
Sound Bathing	Cheryl	17:15 – 18:00
Candlelit Yin Yoga	Cheryl	18:05 – 19:00

Saturday 3rd

Pilates	Gill	08:30 – 09:25
BODYBALANCE	Lisa H	09:30 – 10:25
BODYBALANCE	Lisa H	10:30 – 11:25
Ashtanga Yoga	Cheryl	11:30 – 12:25
Beginner Pilates	Zoe	12:35 – 13:30

Sunday 4th

Pilates	Felicity	08:45 – 09:30
Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Lyndsay	10:45 – 12:15
BODYBALANCE	Caroline G	17:30 – 18:25
Hatha Yoga	Linda	18:45 – 19:30

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Available on the
App Store



GET IT ON
Google Play

Hi-Energy Christmas Class Schedule 29th December – 4th January 2025

Monday 29th

Functional Blast	Kyle	06:30 – 07:15
BoxFit	Kyle	08:30 – 09:15
BODYPUMP	Julia	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Body Conditioning	Anderea	11:30 – 12:25
BODYPUMP	Caroline L	13:45 – 14:30
HIIT Strength	Clare C	18:00 – 18:45

Tuesday 30th

Functional Blast	Anderea	06:30 – 07:15
BODYPUMP	Lisa H	08:30 – 09:25
Body Conditioning	Julia	09:30 – 10:15
Zumba	Tania	11:30 – 12:25
BODYPUMP	Christine	12:40 – 13:35
Core	Kyle	18:30 – 19:00
Freestyle Pump	Kyle	19:15 – 20:10

Wednesday (New Year's Eve) 31st

Functional Blast	Anderea	08:30 – 09:15
BODYPUMP	Christine	09:30 – 10:15
Body Conditioning	Anderea	10:30 – 11:15
Core Blast	Kyle	12:30 – 13:15

Thursday (New Year's Day) 1st

Body Conditioning	Anderea	09:30 – 10:25
BODYPUMP	Lara	10:35 – 11:20
Core Blast	Kyle	11:45 – 12:30

Friday 2nd

Functional Blast	Anderea	06:30 – 07:15
BoxFit	Hamid	07:30 – 08:15
Konga	Emma	08:30 – 09:15
BODYPUMP	Julia J	09:30 – 10:25
BODYATTACK	Sara D	10:30 – 11:25
BODYPUMP	Julia	11:30 – 12:15
Dance Motivation	Emma	12:30 – 13:25

Saturday 3rd

BODYPUMP	Jos	07:30 – 08:15
BODYPUMP	Lara	08:35 – 09:20
Outdoor Bootcamp	Anderea	09:00 – 10:00
Dance Fitness	Jo	09:30 – 10:15
BODYPUMP	Joanne	10:30 – 11:25
CORE (Les Mills)	Lisa H	11:45 – 12:30

Sunday 4th

BODYPUMP	Joanne	09:15 – 10:10
BODYATTACK	Cassandra	10:30 – 11:25
Freestyle Pump	Dan	17:45 – 18:30
Movement & Mobility	Dan	18:45 – 19:30

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Cycle Christmas Class Schedule 29th December – 4th January 2025

Monday 29th			Friday 2nd		
Studio Cycling	Karen	10:45 – 11:30	Studio Cycling	Claire	09:45 – 10:30
Studio Cycling	Karen	11:45 – 12:30	Studio Cycling	Claire	10:45 – 11:30
Studio Cycling	Claire	18:45 – 19:30	Saturday 3rd		
Tuesday 30th			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Lara	09:45 – 10:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Karen	11:45 – 12:30	Studio Cycling	Uvie	09:45 – 10:30
Studio Cycling	Claire	18:30 – 19:15	Studio Cycling	Uvie	10:45 – 11:30
Wednesday (New Year's Eve) 31 st			Sunday 4th		
Studio Cycling	Uvie	09:45 – 10:30	Studio Cycling	Sarah MA	08:45 – 09:30
Thursday (New Year's Day) 1 st			Studio Cycling	Sarah MA	09:45 – 10:30
Studio Cycling	Lara	08:45 – 09:30			
Studio Cycling	Lara	09:45 – 10:30			

Aqua Christmas Class Schedule 29th December – 4th January 2025

Monday 29th		
Aqua	Vanessa	10:00 – 10:55
Tuesday 30th		
Aqua	Gabor	11:00 – 11:55
Wednesday (New Year's Eve) 31 st		
Aqua	Gabor	10:00 – 10:55
Aqua	Gabor	11:00 – 11:55
Thursday (New Year's Day) 1 st		
Friday 2nd		
Aqua	Clare C	11:00 – 11:55
Aqua	Clare C	12:00 – 12:55

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Reformer Christmas Class Schedule 29th December – 4th January 2025

**Members are limited to 2 complimentary classes per week.*

Monday 29th			Friday 2nd		
Reformer Pilates	Felicity	07:45 – 08:30	Reformer Pilates	Gill	07:45 – 08:30
Reformer Pilates	Felicity	08:45 – 09:30	Reformer Pilates	Gill	12:00 – 12:45
Tuesday 30th			Saturday 3rd		
Reformer Pilates	Zoe	07:45 – 08:30	Reformer Pilates	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Vicky	09:45 – 10:30	Reformer Pilates	Zoe	10:30 – 11:15
Beginner Reformer Pilates	Vicky	12:00 – 12:45	Sunday 4th		
Wednesday (New Year’s Eve) 31st			Beginner Reformer Pilates	Felicity	10:00 – 10:45
Reformer Pilates	Vicky	11:00 – 11:45	Reformer Pilates	Felicity	11:00 – 11:45
Reformer Pilates	Vicky	12:00 – 12:45	<p>Join us for your favourite class led by our team of experienced instructors.</p> <p>Book your place and find our latest timetable using The Lensbury Club App.</p> <p>To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer</p>		
Reformer Pilates	Vicky	13:00 – 13:45			
Thursday (New Year’s Day) 1st					
Reformer Pilates	Zoe	11:30 – 12:15			

Reformer (Fee Applies) Christmas Class Schedule 29th December – 4th January 2025

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Monday 29th			Friday 2nd		
Reformer Pilates	Felicity	12:45 – 13:45	Reformer Pilates	Gill	08:45 – 09:45
Tuesday 30th			Reformer Pilates	Gill	13:00 – 14:00
Jump Board Reformer	Vicky	13:00 – 14:00	Saturday 3rd		
Wednesday (New Year's Eve) 31st			Reformer Pilates	Zoe	08:30 – 09:30
Reformer Pilates	Felicity	08:45 – 09:45	Beginner Reformer Pilates	Zoe	11:30 – 12:30
Reformer Pilates	Felicity	09:45 – 10:45	Beginner Reformer Pilates	Trish	12:30 – 13:30
Thursday (New Year's Day) 1st			Sunday 4th		
Reformer Pilates	Zoe	12:30 – 13:30	Reformer Pilates	Felicity	12:00 – 13:00
Reformer Pilates	Zoe	13:30 – 14:30			