



THE LENSURY

Holistic Class Schedule

Monday

Pilates	Gill	08:45 – 09:30
Pilates	Gill	09:45 – 10:40
BODYBALANCE	Kate G	10:45 – 11:30
Pilates	Kate G	11:45 – 12:40
Ballet Barre	Albane	12:45 – 13:40
Hatha Yoga	Barbara	13:45 – 14:40
Strong and Stretch	Amanda	15:00 – 15:30
Tai - Chi	Tove	17:00 – 17:55
Hatha Yoga	Garry	18:15 – 19:45
Pilates	Gill	20:00 – 20:45

Tuesday

Pilates	Kate G	07:45 – 08:30
BODYBALANCE	Zoe	08:45 – 09:40
Vinyasa Yoga	Sarah MA	09:45 – 10:30
Vinyasa Fusion	Sarah MA	10:45 – 12:15
Pilates	Vanessa	12:30 – 13:25
BODYBALANCE	Lisa	13:45 – 14:40
Beginners Pilates	Samantha	17:45 – 18:30
Vinyasa Yoga	Michaela	18:40 – 19:35
Pilates	Patrice	19:45 – 20:30

Wednesday

Yogalates	Samantha	08:45 – 09:40
BODYBALANCE	Caroline	09:45 – 10:30
Pilates	Vanessa	10:45 – 11:40
Health for Life	Amanda	11:45 – 12:40
Dynamic Yoga	Kate Mundie	12:45 – 13:40
Hatha Yoga	Kate Mundie	14:00 – 14:45
BODYBALANCE	Lisa	17:45 – 18:40
Pilates	Gill	18:45 – 19:40

Thursday

Hatha Yoga	Cheryl	09:45 – 11:15
Pilates	Lyn	11:30 – 12:25
Vinyasa Yoga	Sarah MA	12:30 – 13:15
Meditation & Relax	Barbara	13:45 – 14:40
Pilates	Gill	14:45 – 15:30
Back to Fitness	Amanda	16:30 – 17:15
Restorative Pilates	Sarah M	17:30 – 18:25
Pilates	Sarah M	18:45 – 19:40

Friday

Pilates	Zoe	08:30 – 09:15
Athletic Pilates	Lyn	09:45 – 10:30
BODYBALANCE	Lyn	10:45 – 11:40
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	16:45 – 17:30
Candlelit Yin Yoga	Cheryl	18:00 – 18:55

Saturday

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	12:30 – 13:25

Sunday

Pilates	Felicity	08:45 – 09:30
Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Lyndsay	10:45 – 12:15
BODYBALANCE	Caroline G	16:30 – 17:45
Hatha Yoga	Linda	18:45 – 19:30

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Hi-Energy Class Schedule

Monday

Functional Blast	Kyle	06:30 – 07:15
BODYCOMBAT	Ruby	08:30 – 09:15
BODYPUMP	Julia	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Cardio Tone	Tara	11:30 – 12:25
BODYBALANCE	Lyn	12:45 – 13:40
BODYPUMP	Honor	13:45 – 14:30
Dance Fitness	Mark	18:30 – 19:15
BoxFit	Kyle	19:25 – 20:10

Tuesday

Functional Blast	Anderea	06:30 – 07:15
BODYPUMP	Lisa H	08:30 – 09:25
Body Conditioning	Julia	09:30 – 10:15
BODYATTACK	Mark	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Christine	12:30 – 13:35
CORE (Les Mills)	Joanne	18:30 – 19:00
BODYPUMP	Joanne	19:15 – 20:10

Wednesday

Functional Blast	Patrick	06:30 – 07:15
Body Conditioning	Mariya	08:30 – 09:15
BODYPUMP	Ruby	09:30 – 10:15
LBT	Mariya	10:30 – 11:25
Top to Toe	Mariya	11:30 – 12:15
Core Blast	Anderea	12:30 – 13:00
Dance Motivation	Pauline	13:15 – 14:00
BODYPUMP	Patrick	14:15 – 15:00
Latin Music & Dance	Tania	17:30 – 18:15
Zumba	Tania	18:30 – 19:15
BODYPUMP	Hamid	19:45 – 20:30

Thursday

BODYPUMP	Kyle S	06:30 – 07:15
Body Conditioning	Emma	08:30 – 09:15
Step	Emma	09:30 – 10:25
BODYCOMBAT	Honor	10:30 – 11:25
Zumba	Emma	11:30 – 12:25
Konga	Emma	12:30 – 13:15
Strong and Stretch	Amanda	13:30 – 14:00
BODYPUMP	Christine	18:30 – 19:25

Friday

Functional Blast	Patrick	06:30 – 07:15
BoxFit	Hamid	07:30 – 08:15
Konga	Emma	08:30 – 09:15
BODYPUMP	Julia	09:30 – 10:25
BODYATTACK	Sarah D	10:30 – 11:25
BodyPump	Julia	11:30 – 12:15
Dance Fitness	Emma	12:30 – 13:25

Saturday

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

Sunday

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 Studio Class Schedule

Monday			Friday		
Studio Cycling	Lara	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Tara	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Elsa	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	Uvie	09:45 – 10:30
Studio Cycling	Lara	18:30 – 19:15	Studio Cycling	Uvie	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	Sarah MA	11:35 – 12:20			
Studio Cycling	Elsa (Excludes Summer)	18:45 – 19:30			



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Aqua Class Schedule

Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gina	11:00 – 12:00
Wednesday		
Aqua	Gabor	10:00 – 10:45
Aqua	Gabor	11:00 – 11:45
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Deimante	10:00 – 10:45
Aqua	Deimante	11:00 – 11:45

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Reformer Pilates Schedule

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

Monday

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

Tuesday

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

Wednesday

Reformer Pilates	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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Friday

Beginner Reformer Pilates	Gill	07:45 – 08:30
Reformer Pilates	Gill	12:00 – 12:45

Saturday

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

Sunday

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

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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.



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Reformer Pilates (Chargeable) Schedule

**These sessions require a voucher. Vouchers can be purchased at members reception for £13 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			Friday		
Reformer Pilates	Kate Gerry	12:45 – 13:45	Reformer Pilates	Gill	08:45 – 09:45
Tuesday			Reformer Pilates	Gill	13:00 – 14:00
Reformer Jump board	Vicky	13:00 – 14:00	Beginner Reformer Pilates	Trish	16:00 – 17:00
Wednesday			Reformer Pilates	Trish	17:15 – 18:15
Beginner Reformer Pilates	Felicity	08:45 – 09:45	Saturday		
Beginner Reformer Pilates	Felicity	09:45 – 10:45	Reformer Pilates	Zoe	08:30 – 09:30
Thursday			Beginner Reformer Pilates	Zoe	11:30 – 12:30
Reformer Pilates	Lyn	10:30 – 11:30	Beginner Reformer Pilates	Trish	12:30 – 13:30
Reformer Pilates	Kate Gerry	12:30 – 13:30	Sunday		
Reformer Pilates	Gill	13:30 – 14:30	Reformer Pilates	Felicity	12:00 – 13:00
			Beginner Reformer Pilates	Felicity	13:00 – 14:00

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 or at Members Reception for advanced booking.

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Gym Floor Fast Classes

Monday

Circuits	Fitness Team	09:00 – 09:20
Core	Fitness Team	09:30 – 09:50
TRX	Fitness Team	13:00 – 13:20

Tuesday

Kettlebells	Fitness Team	07:30 – 07:50
TRX	Fitness Team	12:30 – 12:50
HIIT	Fitness Team	18:00 – 18:20

Wednesday

Circuits	Fitness Team	09:00 – 09:20
Core	Fitness Team	09:30 – 09:50
TRX	Fitness Team	13:00 – 13:20

Thursday

Circuits	Fitness Team	07:30 – 07:50
TRX	Fitness Team	13:00 – 13:20
Core	Fitness Team	18:00 – 18:20

Friday

Kettlebells	Fitness Team	12:00 – 12:20
HIIT	Fitness Team	12:30 – 12:50

Saturday

HIIT	Fitness Team	12:00 – 12:20
Core	Fitness Team	12:30 – 12:50

Sunday

Circuits	Fitness Team	08:00 – 08:20
Core	Fitness Team	08:30 – 08:50

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