



THE LENSBRURY

# 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	Martine	08:45 – 09:40
Vinyasa Yoga	Sarah MA	09:45 – 10:30
Vinyasa Fusion	Sarah MA	10:45 – 12:15
Pilates	Sophie Drake	12:30 – 13:25
BODYBALANCE	Rachel	13:45 – 14:40
Yogalates	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
Vinyasa Yoga	Sarah MA	12:45 – 13:40
Hatha Yoga	Cheryl	14:00 – 14:45
BODYBALANCE	Rachel	17:45 – 18:40
Pilates	Gill	18:45 – 19:40
Thursday		
Hatha Yoga	Cheryl	09:45 – 11:15
Pilates	Lyn	11:30 – 12:25
Dynamic Yoga	Kate M	12:30 – 13:25
Meditation & Relax	Barbara	13:45 – 14:40
Pilates	Gill	14:45 – 15:30
Backto 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
Beginner Pilates	Elsa	16:10-16:55
Sound Bathing	Cheryl	17:15 – 18:00
Candlelit Yin Yoga	Cheryl	18:05 – 19:00
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	12:35 – 13:20
Yogalates	Elsa	13:35 – 14:30
Sunday		
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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# Hi-Energy Class Schedule

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## Monday

Functional Blast	Kyle	06:30 – 07:15
BODYCOMBAT	Ruby	08:15 – 09:00
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

Engine Room	Anderea	06:10 – 06:55
Engine Room	Anderea	07:00 – 07:45
BODYPUMP	Lisa H	08:30 – 09:25
Body Conditioning	Julia	09:30 – 10:15
HIIT	Mark	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Christine	12:40 – 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	Gina	08:30 – 09:15
BODYPUMP	Christine	09:30 – 10:15
Core (Lees Mills)	Christine	10:30 – 11:15
Core Blast	Anderea	12:30 – 13:00
Dance Motivation	Pauline	13:15 – 14:00
BODYPUMP	Lara	14:10 – 14:55
Zumba	Tania	18:30 – 19:15
BODYPUMP	Hamid	19:45 – 20:30

## Thursday

Freestyle Pump	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	TBC	11:30 – 12:25
Strong and Stretch	Amanda	13:30 – 14:00
BODYPUMP	Christine	18:30 – 19:25

## Friday

Functional Blast	Patrick	06:30 – 07:15
Konga	Emma	08:30 – 09:15
BODYPUMP	Julia	09:30 – 10:25
BODYATTACK	Sarah D	10:25 – 11:20
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	Kyle / Mya	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

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	Claire H (Removed during Summer)	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	Sarah MA	12:05 – 12:35			
Studio Cycling	Hamid (Removed during Summer)	18:45 – 19:30			
Thursday					
Studio Cycling	Patrick	09:45 – 10:30			
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Carin (Removed during 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			Friday		
Reformer Pilates	Felicity	07:45 – 08:30	Beginner Reformer Pilates	Gill	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 09:45	Reformer Pilates	Gill	12:00 – 12:45
Beginner Reformer Pilates	Gill	19:00 – 19:45	Saturday		
Tuesday			Reformer Pilates	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Zoe	07:45 – 08:30	Beginner Reformer Pilates	Zoe	10:30 – 11:15
Reformer Pilates	Kate G	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	Vicky	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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## 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

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# Gym Floor Fast Classes

	Monday			Friday	
<b>Circuits</b>	Fitness Team	09:00 – 09:20	<b>Kettlebells</b>	Fitness Team	12:00 – 12:20
<b>Core</b>	Fitness Team	09:30 – 09:50	<b>HIIT</b>	Fitness Team	12:30 – 12:50
<b>TRX</b>	Fitness Team	13:00 – 13:20	Saturday		
Tuesday			<b>HIIT</b>	Fitness Team	12:00 – 12:20
<b>Kettlebells</b>	Fitness Team	07:30 – 07:50	<b>Core</b>	Fitness Team	12:30 – 12:50
<b>TRX</b>	Fitness Team	12:30 – 12:50	Sunday		
<b>HIIT</b>	Fitness Team	18:00 – 18:20	<b>Circuits</b>	Fitness Team	08:00 – 08:20
Wednesday			<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>		
<b>Circuits</b>	Fitness Team	09:00 – 09:20			
<b>Core</b>	Fitness Team	09:30 – 09:50			
<b>TRX</b>	Fitness Team	13:00 – 13:20			
Thursday					
<b>Circuits</b>	Fitness Team	07:30 – 07:50			
<b>TRX</b>	Fitness Team	13:00 – 13:20			
<b>Core</b>	Fitness Team	18:00 – 18:20			



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